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JAMBUSTER

£5.6m scheme will tackle A414 bottleneck



CONGESTION at Harlow's worst rush-hour traffic hot-spot could be wiped out after the Government gave its support for a £5.6m scheme to improve a stretch of one of the town's major roads.

A bid for funding to widen the A414 between the M11 roundabout at Hastingwood and the junction with Southern Way has been agreed in principle by ministers.

It will solve a notorious traffic bottleneck at one of the town's gateways and comes just two weeks after ministers indicated they were looking favourably upon long-term plans to build a new relief road and extra motorway junction between the current junctions 7 and 8.

It is believed this would take thousands of cars a day off Harlow's already-busy road network.

Work on this smaller measure could start as soon as next year if the Government is satisfied with the "business case" for the scheme which will now be drawn up by Essex County Council.

In addition, the Government is backing an extension of the First Avenue bus lane - currently under construction between Velizy Avenue and Howard Way - to Old

By **BEN WILKINSON**
Chief Reporter
wilkinsonb@hertssexnews.co.uk

Harlow. This scheme, which is also subject to a satisfactory business case being prepared, will include new cycle lanes, improved pedestrian facilities and high-tech bus stops with real-time passenger information.

Norman Hume, Essex County Council's cabinet member for highways, said of the Harlow proposals: "They have very strong business cases and significant local support. The cases will now be prepared to be ready for submission in the autumn and we are confident we will receive this vital funding next year."

Harlow MP Bill Rammell, who lobbied ministerial colleagues in favour of the schemes, said they would provide vital infrastructure support for the 16,000 new homes planned for Harlow over the next 13 years.

"I have always argued that we need more housing in this area but that any new housing must be supported by essential community infrastructure," he said.

"The works to extend the dual carriageway from the M11 to the Southern Way roundabout will greatly reduce congestion at peak times and will support the Pinnacles as a major employment site."

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Council leader to follow up allotment probe

CASH-strapped Harlow Council could be missing out on thousands of pounds in potential revenue because of delays in letting out allotments.

A **Star** investigation has revealed that hard-pressed residents who wish to mitigate soaring food prices and do their bit for the environment by taking on an allotment are potentially being denied the opportunity for weeks on end – despite well over 100 plots laying dormant throughout the town.

Since 2006, when many council services were outsourced, contractor Kier Harlow has been responsible for administering half of Harlow's 941 allotment

plots, spread across 17 sites.

In official reports to the council, Kier claims to turn around applications for plots within 20 days, with an aim to get this down to 15 days by next year.

However, a **Star** reporter, who applied for a plot more than six weeks ago, was told by operators at Contact Harlow that the application was stuck in a waiting list.

This was despite our reporter naming Old Harlow's Chippingfield site – where there are currently six vacant plots – as his preferred location.

This was then followed up with a written response, along with a reference number, stating: "Your application has been

passed to the allotments officer."

However, a spokesman for the council admitted this week that since Kier took over responsibility for allotments, no allotments officer is employed at the Civic Centre.

If all applications for renting vacant allotment plots – about 170 at present – are similarly treated by Kier Harlow, public coffers could be losing out to the tune of £3,050 every year.

The council spokesman said: "In Chippingfield there are currently 47 plots, of which 40 are tenanted. Six are vacant and one is classed as void as it is overgrown with brambles.

"Occupancy is 85 per cent,

which is the town-wide average. Take-up at the site has improved dramatically in the last few years and this was highlighted when the council recently won the National Society of Allotments and Leisure Gardeners Waterlow Trophy."

Council leader Andrew Johnson (Conservative) said he was concerned by the **Star**'s findings and will be asking "serious questions".

"This isn't just about the revenue, as it's fairly minimal in the scale of things, but it's about service and if someone wants an allotment they should expect to be given one as quickly as possible," he said.

Brother's kidney a second chance

By CHRIS MOSS

mossc@hertsexnews.co.uk

A BRAVE midwife who remained committed to her work despite needing a kidney transplant has won her battle against renal failure thanks to her brother.

Jennifer Juliff (45) received a kidney from her brother, John Norton (52), two weeks ago and is now resting at home and making a full recovery.

Mrs Juliff, of Sibneys Green, Harlow, has been on dialysis for the past two years after suffering renal failure in 1999, but continued working part-time at Princess Alexandra Hospital despite her condition.

In May last year, she was one of a handful of midwives invited to a Downing Street reception with then-Prime Minister Tony Blair, where she was praised for her hard work in the face of adversity.

Yet even a commendation from the PM was no match the joy she felt when her brother offered her one of his kidneys after two years of rigorous compatibility tests deemed him a suitable donor.

"I'm so grateful to John for giving me this second chance," she told the **Star**. "I feel so much better in myself already and can now look forward to living a normal life again.

"He had always promised to help me out in any way he could, but I couldn't have asked for more than this. I'm just on a high at the moment!"

Mr Norton, who currently lives and works in Germany after being raised in Harlow, added: "I just hope that this will encourage more donors to step forward and help out their loved ones when they need it the most.

"Having seen what Jennifer has had to go



BROTHERLY LOVE: Siblings John Norton and Jennifer Juliff (photo: XQ9LLK02/02)

through since she became ill convinced me that I had to do something, I'm so happy for her. She looks like she did 10 years ago before all this happened."

Masked burglars threaten tenants

MASKED burglars made off with large amounts of cash grounds of a former stately home in Epping after threatening residents in an early morning raid.

Two men thought to be carrying knives entered the property in the Copped Hall Estate shortly before 3am on Tuesday and demanded money from the terrified tenants. Nobody was injured.

Police are appealing for anyone who witnessed the incident to call them on 0300 3334444, or Crimestoppers on 0800 555111.

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A wonderful reunion of ex-Woolies staff



TOGETHER AGAIN: Pictured are, rear, left to right, Sue Dunlevy, Keith Waterman, Melvyn Sheridan, Richard Parks, Barbara Dunlevy, Jane Simmons, front, left to right, Diana Goodwin, Linda Barnett, Jackie Westwood and Betty Evanstop (photo: XBWKGMSL/03)

FORMER Woolworth employees in Harlow met up for a reunion in the Town Park at the weekend.

The gathering for those who worked at the store's second incarnation, when it was in Broad Walk at the site where Zavvi is now located, was organised by former worker Linda Darrell.

She was prompted to organise the get-together of old friends by coverage of the store's past in the Star's *Nostalgia* page.

Dozens of former colleagues turned out for the event, which included food, drink and plenty of reminiscing.

Uni campus late but still coming

PLANS for a £10m university campus in Harlow appear to have been resurrected – after 30 months of inaction.

In March 2006, Harlow College had confirmation of funding for Anglia Ruskin University to invest in higher education on the site and construct a brand new building.

But more than two years later the proposals are still in the embryonic stage, with no official drawings even submitted.

Announcing the high-profile deal at the time, then-college principal David Ellerby said: "I just can't describe how exciting this is for the college and the town."

And Anglia Ruskin stated: "The intention is to open these facilities during the academic year 2008/09."

By **JIM TANFIELD**
tanfieldj@hertsexnews.co.uk

However, Mr Ellerby's successor Colin Hindmarch this week admitted he and the college's corporation had stalled the plans because they were concerned that a new stand-alone building would be unsuitable for the site.

"There have been several ideas about where to put a stand-alone building but these were not acceptable to the corporation, and the corporation has to look after the best interests of the corporation," he said.

A source close to the negotiations told the *Star* there was frustration at the hold-ups and blamed the turbulent 18-months of Mr Hindmarch's leadership at the college.

However, meetings between the college, Harlow MP and minister for lifelong learn-

ing Bill Rammell and the university have taken place and a new plan for an announcement is promised soon concerning the details of an Anglia Ruskin facility to be integrated into a new college building.

Anglia Ruskin vice chancellor Professor Michael Thorne told the *Star* on Monday: "We have spent the last few months identifying the best site for a new University Centre in Harlow."

"We have now decided that the ideal location is the Harlow College site. The funding is in place and we are now in the process of designing the building, for student in-take September 2010."

Mr Rammell said Tuesday: "I have pressed extremely strongly to get a higher education presence in Harlow."

"Preparations for the new campus have taken time but it's the case it is now going forward."

Trial set for stab case father and son

A FATHER and son accused of involvement in a stabbing in Roydon are to stand trial at Chelmsford Crown Court on September 8.

Hafedh Ferjani (18), from Waltham Cross, denies causing grievous bodily harm with intent to Abdellaziz Khadraoui on March 31 this

year. Salah Ferjani (52), from Waltham Cross, is accused of assisting an offender to evade arrest after they were arrested on a Eurostar train.

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Harlow Star:
38,743 (July -
December 2007).
Part of the Harlow
Star/Bishop's
Stortford Star
series, 55,442
copies delivered
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Crises invented by these amateurs

SIR, No sooner had the Tories assumed office than councillors Johnson and Carter allegedly discovered a massive £10m 'black hole' under the mattress (*Star*, July 3). And now, desperate to maintain a crisis momentum, more 'disasters' loom! ("Fresh woe in council crisis", *Star*, July 24). They were even driven to dredge up preparations for an excellent project in the '90s to build a bridge over Velizy Avenue, in partnership with Essex County Council and the college. It foundered at the 11th hour, through no fault of the council!

A series of shortfalls were outlined, some apparently plucked out of the air, others overtly managed. Throughout, Tories have:

- ignored actions taken to resolve potential shortfalls and quantification of risks;
- hysterically blown up ambitious over-programming into a major crisis, rather than the normal 'wish-lists' to be modified as and when necessary;
- treated delays in asset disposal as unique to the previous administration, when up and down the country, councils – and families – are adjusting budgets when grappling with similar economic pressures, including escalating energy costs.

For example, all Tories have commented on a £2.4m gap, contributing to the alleged £10m black hole. They entirely ignored all remedial actions, often very painful, taken in public to bridge the gap. They also identified a 'gaping £4m potential hole' in '08/9 in the non-housing capital programme. There was no such hole, just an over-programming by £83k. Priorities changed.

Simon Carter claimed there was panic raiding of reserves in January. No such raiding took place. Specific reserves were used to pay for redundancy costs incurred when the swimming pool closed.

The chief financial officer has a statutory duty to report in public on the adequacy of reserves. He regarded them as perfectly acceptable at the end of the financial year.

It's very clear that the chief financial officer was not directly consulted before rushing off to print. He's an independent officer, charged with overall stewardship of the budget. It's not in his interests – or Harlow residents – to bury a £10m shortfall. He has a statutory duty to report any unlawful deficiency to the executive and every councillor. No such report exists.

Repeatedly, Tories imply that an illegal budget has been set. That is absolutely not the case. Indeed, the Government would have taken over our finances if it were!

They were forced to admit as much recently and also that it would be illegal for capital accounts to be in the red at the end of a financial year. Sir Tory Galahad rushed to the rescue and ensured the housing capital programme exactly balanced. He did not point out that various solutions had already been identified under the previous administration.



FLASHBACK: How the *Star* reported the new Tory administration's claims on July 3

This one-sided and extreme version remains totally silent about measures taken in public, with Tories present, to remedy each problem and balance the books.

We very much fear that the reason for such distortions is to pave the way for devastating cuts in services. Wholesale privatisation looms large, greatly affecting the quality of life of our residents. And if so, yes, the Labour group will certainly accuse the Tories of selling off the family silver!

Meanwhile, save us from amateur treasurers who confuse accounts and invent crises!
Mark Wilkinson (leader of Labour group) and Jean Clark (deputy leader)
Civic Centre, Harlow

Not tough at top

SIR, Whilst I agree with Mr Coben that it is always the 'braves' who suffer, though the errors and mistakes are made by the 'chiefs' (*Letters*, July 17), there is a subtle difference in that the 'chiefs' are the ones who write the contracts.

Redundancy for the 'braves' is minimal when applied to them losing their jobs, but in the heady heights of the 'chiefs', writing their own contracts, it is much different!

Assume the CEO of Harlow Council were to be sacked; would he leave with a mere two or three weeks pay? Indeed, he wouldn't!

Tens, perhaps hundreds, of thousands of pounds would change hands in spite of the many errors that have been reported in this paper over the past few months; here is a man who is paid more than the Prime Minister, yet both seem to err and make things difficult for the people.

Imagine the poor old pensioner facing the prospect of a cold winter or one on a very low amount of food, while being faced next years with having to pay for the high income which, no doubt, will be increased next at above-inflation in the Council Tax. What does one do? Starve to death? Die of hypothermia? Or say 'b****' the Council Tax!' and be sent to prison where they will

be fed and kept warm during the winter!

One can certainly 'freeze' or 'starve' more comfortably on £107,000 per annum than on £83 per week.

D.J. Croager
Felmongers, Harlow

Memories of Mark

SIR, I am writing to share our deepest sympathy with the family and friends of Mark Day, an ex Passmores student.

I attended, with many staff and ex students, Mark's funeral last week. The staff at Passmores work tirelessly to offer the students in their care the support and guidance needed to raise their aspirations and to help them reach their full potential. So the impact of seeing scores of young adults, that we knew for five years, struggling to control their emotions at the loss of one of their own was immense.

Mark was one of life's achievers; he made the most of his opportunities and always lived life to the full. His enthusiasm was contagious and all he needed to do was walk into a room to create energy.

We spoke of Mark in our end-of-year assembly and used his story as a reason for all of us to live life to the full and ensure that we all make the most of ourselves.

Mark will never be forgotten at Passmores; his memory will serve as a spur for me and all of the staff to ensure that our young people 'improve upon their best'.

Vic Goddard
Headteacher, Passmores School & Technology College
Tendring Road, Harlow

Smoking shame

SIR, Our local hospital bears a notice that it is proud to be a smoke-free zone.

However, you wouldn't believe this when approaching the main entrance; there are dog-ends littered everywhere, despite there being a bin nearby. Someone has to work

really hard to keep sweeping up after lazy people.

The staff are no better. They have a bin bag near their smoking seats, but bag ends litter the ground.

Do people do this at home? Or in their gardens? Or is it more likely they will use an ashtray?

Smarten up, folks, and have some pride in your environment.

Lillian Greene
The Stow, Harlow

Water way to go

SIR, I went with a group of colleagues (30 people) for lunch to have the oriental buffet in The Water Margin restaurant.

The total bill would have settled in the region of the £300 and yet when asked for a glass of tap water, it was refused. To their credit, there is a notice on the drink menu, but sure enough the water they use in their kitchen is potable!

Where are we going if we can not even be served tap water in public places?

Juliette Guaquiere
Centre Avenue, Epping

Land Girls appeal

SIR, I was interested by your article on the two former Land Girls (*Star*, July 31). I received my badge two weeks ago by post.

In my own case, I joined up in 1941. I went to Kingston's Farm in Matching Green for four weeks training and then on to St John's Farm, at Lambourne End, until February 1946. I am now 88.

I do wonder how many other old Women's Land Army girls there are still in Harlow.

Mrs Marjorie Last
Long Ley, Harlow

Homes confusion

SIR, I do not understand why all political parties in Harlow support the building of Harlow North as per the East of England Plan when clearly no thought has been put into how essential infrastructure such as roads, water, sewerage, etc, will be installed prior to building 16,000 new homes which are unlikely to be built or even sold in the current economic climate.

Surely the infrastructure should be costed, approved and installed first before a single house brick is laid?

Blaise Morris
Kettle Green Road, Much Hadham

Hospital gratitude

SIR, My wife has recently spent sixteen days in Saunders Ward at Princess Alexandra Hospital.

She thought the care she received from nurses and doctors and the rest of the staff was first class. She also enjoyed the meals served to her.

Peter Ellis
Field Way, Hoddesdon

WRITE TO: Star Letters, 6-8 West Gate, Harlow, Essex CM20 1JW FAX: (01279) 400570 EMAIL: star@hertsessexnews.co.uk (please include your name and full postal address)

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Help us improve a Harlow Hotspot

HARLOW Hotspots gives the people of Harlow the chance to make the town a better place in which to live and work.

The Star is teaming up with Harlow Renaissance, Harlow Council and Essex County Council to find a project which will benefit the community and enhance the local environment.

We want community groups, societies, tenant associations and charity or voluntary organisations to nominate a project which they would like to undertake and which will benefit both their group and the wider community.

Examples of projects that would be considered suitable as a Harlow Hotspot are:

- creating a sensory garden
- designing and creating a sculpture made from local natural sources
- enhancing a favourite area (e.g. placing benches at a scenic area)
- clearing up a natural beauty spot
- creating a small wildlife area
- planting trees or creating a flower bed

These are just a few suggestions but we really want to hear your ideas. Remember, the project must benefit both your group and the wider community, so the area you would like to see enhanced must be accessible to the public. Unlike last year we will not be considering projects nominated by individuals.

The closing date for entries is Thursday, August 14.

Entries will then be whittled down to a shortlist of three finalists and there will then be a chance to vote for your favourite on the Harlow Star website or at Harlow Renaissance's marquee at the Harlow Town Show on August 31.

To suggest a project, follow the Harlow Hotspots link on the Harlow Star website (www.harlowstar.co.uk) or the Harlow Renaissance website (www.harlowrenaissance.co.uk). Fill in the entry form and then send it, along with a photograph of the area in question, to Nicola Bowland, Harlow Renaissance, 5 Mitre Buildings, Harlow CM20 1DR.

Alternatively, you can telephone (01279) 400683 to request a form by post. A full list of the terms and conditions appear on both websites.

Smashed glass in tots' paddle pool

CHILDREN were left disappointed and parents and council chiefs furious after a paddling pool and play area in Old Harlow were targeted by yobs.

The Norman Booth paddling pool in Mulberry Green had to be closed for a day after broken glass was found in the water.

It is believed the mess was caused the previous evening by youths who regularly hang around the pool. At times groups of up to 40 have been seen gathering in the play area.

As a result, dozens of young children were prevented from using the paddling pool on Thursday when they were turned away by Harlow Council staff.

Mum Charlie Rammani and children Matilda (5) and Max (3) were among those left disappointed.

"The place was in a disgusting state," she said. "They emptied all the rubbish bins into the pool, there were beer cans and bottles all over the place and they smashed loads of glass making it dangerous."

"These people have got no respect for anyone else. It's about time the parents of these youths started exercising some control over them."

Another mum, writing on the

By **BEN WILKINSON**
Chief Reporter

wilkinsonb@hertssexnews.co.uk

Star's website, said: "We were at this pool last week and my daughter trod on a shard of glass. Luckily she got it out and even though the pool attendants aren't trained first aiders they were very helpful and did explain that although they sweep up the big bits of glass they see they can't get all the small bits."

A council spokesman said the pool had to be drained and cleaned. It was back in use on Friday.

Council leader Andrew Johnson said: "We are trying to provide facilities for people to enjoy so for the paddling pool to have to close for a day because of these mindless acts is very frustrating for the community. Every time this happens it costs taxpayers money as the mess has to be cleaned up and the water emptied and refilled to ensure health and safety standards are maintained."

He added: "The pools are staffed during the day but we don't have the resources to provide 24-hour security. However, where possible, patrols in the evening are carried out by council staff."

"I would urge people to report any vandalism to community facilities to the police."



NO GO: Poppy Devonport (3) is prevented from using the pool because of vandalism (photo: TPP37ZBS/06)

Safety group to examine town's drink problems

ALCOHOL-related crime is to be targeted in a bid to curb drunken disorder in Harlow.

The Safer Harlow Partnership has identified tackling drunkenness as one of its top priorities and has asked West Essex Primary Care Trust to conduct an audit of accident and emergency cases to assess the number of alcohol-related incidents occurring in the town.

For a 12-week period everyone over the age of 16 attending accident and emergency will be asked to complete a questionnaire which will determine whether alcohol was in any way to blame for their injuries.

But Louise Brown, health improvement specialist at West Essex PCT, played down any fears that alcohol-fuelled crime was on the increase in Harlow.

"This project was by no means initiated because it is anticipated that Harlow has an increasing problem relating to alcohol consumption and assault but rather to determine the current situation in Harlow and further develop strategies to reduce the problem if required," she said.

Safer Harlow Partnership chairman Malcolm Morley added: "The West Essex PCT, along with its partners, is working to develop targets for the Partnership to meet over the next three years to seek to tackle the causes of crime and to drive local crime rates even lower."

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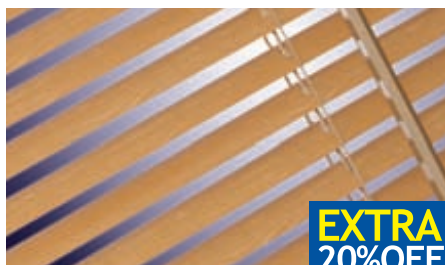
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Couple party on to mark 60 years



A COUPLE who found happiness in post-war London have marked their diamond anniversary with a double celebration.

Lil Eastland (84) and husband Tom (88), of Little Cattins, Harlow, swapped Scotland and the north-east, respectively, for a life in the capital during the 1930s, moving to the same street purely by chance.

But it was not until Tom, who was drafted into the Royal Artillery, returned from the war that the young sweethearts finally married in 1948, tying the knot in Willesden.

They moved to Harlow six years ago after tiring of life in London, joining their daughter who has lived in the town for 30 years.

Mrs Eastland said: "We've had our ups and downs like most couples, nothing will run smoothly all the time but our love has lasted. We've already had two celebrations to mark our 60 years of marriage and I've got no plans to stop just yet!"

(photo: PTMZJWDJ/04)

£1m upgrade starts at A&E

A MAJOR extension to the accident and emergency department at Harlow's Princess Alexandra Hospital has got under way.

Work began this week on the £1m redevelopment, which it is hoped will cut waiting times and delays for the increasing numbers of patients using the Hamstel Road hospital.

Originally opened in the mid-1990s, the design of the existing casualty department was heavily influenced by its staff and its layout has been praised over the years.

But a marked rise in the number of people using its services has made the expansion work necessary – in 2007-08, 86,000 attendances were recorded, an increase of 5,000 on the year before.

The work, expected to take until

By BEN WILKINSON
Chief Reporter

wilkinsonb@hertsexnews.co.uk

the end of the year, will create a new entrance and reception area, new treatment cubicles, a redecorated waiting room and an improved children's area.

The department will continue to operate 24-hours-a-day throughout the works, although patients have been warned to expect some disruption.

Jim Mcleish, associate director for emergency at the PAH NHS Trust, said: "This development is part of a wider strategy that is looking at how urgent care is provided across Essex and Hertfordshire. We have recognised that the increase in demand is placing additional pressure on the system and are anticipating the extra

capacity will help us to ease things."

Harlow MP Bill Rammell added: "This work is a demonstration of the huge extra investment going into the NHS, which has led to reduced waiting times and improved patient care."

● NEW arrangements for patients requiring specialist ear, nose and throat surgery means some will now be treated in Chelmsford instead of Harlow.

Following the creation of a new 'centre of expertise' at Broomfield Hospital, patients who need to stay in hospital for more than 23 hours and those in need of urgent attention will be sent there.

Day surgery cases and out-patients will continue to be dealt with at the PAH. The change, which takes effect from this week, is part of a wider move towards centralisation of head and neck services in Essex.

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Two appear in court on Kerry murder rap

TWO people have appeared in court charged with the murder of Kerry Youngs in an arson attack.

The pair, who both come from Harlow but cannot be named for legal reasons, were remanded in custody on Thursday pending an appearance at Chelmsford Crown Court tomorrow (Friday) when they will also answer charges of causing grievous bodily harm with intent and arson with intent to endanger life.

Three other people – a man from Woodford Green and two Harlow females – who were arrested in connection with the incident also appeared before magistrates accused of conspira-

cy to pervert the course of justice. They were released on conditional bail until October 3 at Chelmsford Crown Court.

Miss Youngs (24) and her boyfriend Kevin Chapple (then 27) were in their Sherwood House flat, in Bush Fair, on May 4, 2005 when the empty ground floor flat directly below was set ablaze.

Both were pulled unconscious from the burning building by fire crews. Miss Youngs never regained consciousness and died two days later in hospital. Mr Chapple suffered severe brain damage and continues to need 24-hour care.

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DIY store gives cancer charity a helping hand

STAFF at a do-it-yourself superstore in Harlow have received a special thank you for devoting their fundraising efforts to Marie Curie Cancer Care.

The town's branch of Homebase, in Edinburgh Way, beat all others in Essex in the amount of money it raised for the company's official charity partner for the year.

It has handed over more than £4,700 collected through a series of No Place Like Home themed events involving staff and customers.

All the cash will go towards Marie Curie's work providing care for terminally ill patients in their own homes.

Among the events have been yellow days - using as its theme the colour of the charity's daffodil emblem - quizzes, sports competitions and other challenges.

The store has also been selling a special variety of daffodil bulbs called Choice, as well as potted daffodils and keyrings, with proceeds going to the charity.

Anne Hillion, Essex fundraiser for Marie Curie, said: "The amount Homebase staff and customers have raised is a magnificent achievement and will help us make a real difference to terminally ill people and their families."

"We would like to congratulate Harlow Homebase for its dedicated fundraising which has raised a fantastic sum."

Lorna Liggett, a spokeswoman for Homebase, said: "We are thrilled that our efforts will provide more nursing hours in the community in which we operate, and we want to thank everyone for their excellent support."

In the saddle

TILER Paul Richards is currently in the process of helping Cancer Research UK raise £4,000 by cycling from Lands End to John O'Groats.

Paul (53), of Upper Park, Harlow, began his journey of more than 900 miles on Friday after being in training since April. Riding 60-80 miles a day with wife Elaine following in a support van, he hopes to complete the challenge by the end of next week.

"Cycling from Lands End to John O'Groats is a dream of mine, it's something I've wanted to do since I started cycling at the age of 13," he said before setting off. "Forty-plus years later I am going for it."

"I am looking forward to meeting other cyclists along the road out to achieve the same as me - if they can keep up!"

To sponsor Paul, visit his website www.justgiving.com/paulsrichards.

Bingo fun day

IT'S eyes down for some charity fun as Mecca Bingo in Harlow raises cash for disabled children's



HOME HELP: Back row, left to right, Marek Richter, Annette Darrell, Judy Dunn, Sue Vickary, store manager Karen Hyslop, community fundraiser for Marie Curie Anne Hillion, front row left to right, Gill O'Connor, Ilona Armstrong and Kirsty Spooner

(photo: VJFRZYQ01)

charity Whizz-Kids.

The Terminus Street club will join more than 100 other bingo halls tomorrow (Friday) to hold a fundraising day with special events and games.

Nationally, Mecca has pledged to raise at least £250,000 for charity by the end of the year.

Manager Bernie Dullaghan said: "Our customers and staff have already responded magnificently to the challenge of raising money for this fantastic children's charity and we are all committed to smashing our target by the end of the year."

Cash for dogs

COLLECTIONS at Tesco supermarkets in Harlow and Epping and at the Harlow Garden Centre have raised £2,019 for the charity Hearing Dogs For Deaf People.

HDDP spokeswoman Judith Pieris said: "The waiting list for a hearing dog is currently two years, a long time for someone who is deaf or the parents of a deaf child who look forward to the security, release from isolation, companionship and new life which a hearing dog will bring."

"I would like to thank all those who have so generously supported our collections."

Reel challenge

AVID anglers can help to support St Clare Hospice by signing up for its inaugural fishing competition which takes place next weekend.

The event, on August 16 at Timberland Fisheries in Flex Meadow, offers a £100 prize for the best catch of the day as well as a series of other prizes.

Four-times world angling champion Bob Nudd will be taking part.

Fishing pegs cost £20. For more details call (01279) 773750.

● The hospice is also appealing for women to support it by taking part in the Adidas Women's 5K

Challenge in London. To take part in the event at Hyde Park on September 8 in aid of the hospice call (01279) 773750.

Jamboree trip

A MAJOR international jamboree saw 75 Scouts and Girl Guides from Harlow join more than 10,000 participants from around the world. The seven-day festival at Kirby-le-Soken was the largest camping event run by the two organisations in their history and saw youngsters from more than 30 countries taking part.

During the week there were more than 100 different activities as well as projects involving conservation, recycling and ethical issues.

CAB volunteers

COMMUNITY spirited residents are invited to beat summer boredom by volunteering with the Citizen's Advice Bureau.

Harlow's CAB is among hundreds across the country hoping to get new people involved. In particular, the charity hopes to persuade younger people such as students that they can take on roles which fit around their lifestyles.

Spokeswoman Laura Burnell said: "Volunteering with Citizens Advice is flexible and can be done on a part-time or full-time basis depending on your commitments. It's also a great way to enhance your CV and will give you something interesting to talk about at job interviews."

For more information, call 08451 264264 or visit the CAB office in East Gate.

Summer crafts

A CHARITY craft fair takes place at The Rainbow Centre in Wych Elm, Harlow, on Monday from 10am-2pm.

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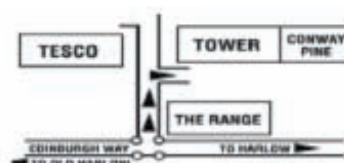
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TAKING AIM: Left, Cameron Howard (6), Ryan Goldspink-Burgess (8), Connor Bailey (7) and Daniel Harden (14) prepare to throw the javelin (photo: VGYMBXDF/10). Above, Shelby Howard (9) competes in the slalom race (photo: VGYMBXDF/07)

Sporting kids are game for the challenge

YOUNGSTERS in wheelchairs showed off their sporting prowess at a mini Olympics held in Harlow.

The competition was the climax of a week of activities organised by West Essex Primary Care Trust and held at the Mark Hall Sports Centre in London Road.

The aim was to promote sport to children with disabilities and help to build their confidence and self-esteem.

Basketball, tennis, adapted dance and athletics events were among the activities run by the PCT's Whizz Kids' team, a group of occupational therapists and physiotherapists, with the help of three tutors

During the week the children were

given words of encouragement by disabled athlete Anne Wafula-Strike, who has represented Great Britain.

A PCT spokesman said: "We work closely with the youngsters who use wheelchairs to help boost their confidence and self-esteem and to help them overcome some of the restrictions imposed by their disability and the environment. At the same time they have a lot of fun."

"The event has encouraged some of the youngsters to take part in wheelchair sports and one or two of them now compete at regional level."

The Keep on Moving programme has been held annually since 2004 but this is the first year it has taken place at the Mark Hall Sports Centre.



HOT SHOTS: Above left, international athlete Anne Wafula-Strike and GB team development coach Hugh Anderson (photo: VGYMBXDF/05). Above right, Jordan Hughes (13) aims for the basket (photo: VGYMBXDF/03). Right, four-year-old Harrison Coles (photo: VGYMBXDF/06). Left, Ellie Darby-Prangnell (8) has a go at the long jump event (photo: VGYMBXDF/11)



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Family Announcements

Deaths



COLIN GEORGE BAILEY

3/4/1926
- 3/8/2008

Peacefully passed away in Princess Alexandra Hospital after a long illness bravely borne. A much loved husband of Margaret, dad of Colin and Mandy, and Granddad of Lucinda, Lucas, Katie and Emma. He will be sadly missed by all who knew him. Funeral service to take place at St Mary at Latton Church on Friday 15th August at 11.15am. Family flowers only please but if you wish to make a donation you can make it payable to the Stroke Unit at PAH.

Any donations may be sent c/o Daniel Robinson and Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990

CLIFFORD CLARK

Peacefully passed away after a long illness on Tuesday 5th August 2008. Cliff will be sadly missed by his wife Sheila and sons Paul, Adam, Graham and their families. The funeral will take place at Parndon Wood Crematorium on Wednesday 13th August 2008, at 2.30pm.

All donations made payable to Macmillan Nurses c/o Daniel Robinson & Sons.

All flowers and enquiries to Daniel Robinson & Sons Wych Elm, Harlow, Essex, CM20 1QP. Tel: 01279 426990

MARJORIE WARD

Sadly passed away on 1st August 2008 aged 89 Years. A much loved mother and grandmother who will be sadly missed by all her family, friends and neighbours.

The funeral will take place at Parndon Wood Crematorium, Harlow, on Thursday 14th August 2008 at 10.00am.

Flowers may be sent care of Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990



JASON V.N. COLLISON

17.2.77 - 9.8.2003
Perfume flows in empty space
Tears fill my eyes
I see your face
I hear your voice
'Don't cry mum
I'm in that space.'

Love you forever
God bless you
- my Son

ROSS HADLEY

When you were taken a huge hole was left in both our hearts. We miss you so much. Love always, Lisa and Stuart xxx

ROSS HADLEY

August 10th 2004
We carry your heart
with us, we carry it
in our hearts. You
were our world,
miss you more
than words can say.
Until we meet
again. Love you
always and forever,
Mum, Dad, Mark
xxx

HADLEY. Ross. Miss you always, but memories live on. Always in our hearts, Love Tina and Terry.

HADLEY. Ross. You are missed so much, always in our thoughts. Love you loads. Nan Sal, Pa John and family. xxx

HARKNETT. Daniel. August 12th 1998. In my home I have a picture of a face more precious than gold. To me who loved and lost you, your memory will never grow old, facing life without you is something I have to bear, but losing you the way I did will always seem unfair. How I love and miss you no words can ever say. I only know without you there is no perfect day. Happy 10th Birthday Daniel, to my Special boy, you will always be loved and remembered forever. Look after Dad and Grandad. Sadly missed, Love Mum. xxx

JONES. Alan. Remembering a dear brother and uncle. Died August 10th 2005. Always in our thoughts. God Bless. Tommy, Gary, Karen and Tania.

JONES. Alan. August 10th 2005. Three years have passed and still can't believe you have gone. God Bless. Derek and family.

JONES. Alan. In loving memory of a dear son and brother. Passed away August 10th 2005. God Bless. Dad, Ronnie and family.

FAMILY NOTICES

Births, Marriages, Deaths, etc.

Notices in this column must conform to the "house style" of Herts and Essex Newspapers. The management reserves the right to alter copy to comply with these conditions. Announcements cannot be accepted over the telephone. Birth announcements can only be accepted to appear in this publication, providing they are signed by one or other of the parents. Engagements and Forthcoming Marriage Notices require the signature of both parties. All other announcements must be accompanied by the signature and address of the sender.

WHITE. Ronnie. 20-10-06 - 12-8-07. We only had you in our lives for a short while before you were taken away from us. We think about you everyday. Lots of love and kisses, Nanny and Grandad Starling. x

WHITE. Ronnie. 20-10-06 - 12-8-07. Missing you still one year on. Love Auntie Zoe, Uncle David, George, Marnie, Freddie and Teddy. x

WHITE. Ronnie. 20-10-06 - 12-8-07. 1 year on, still think of you everyday. Love Auntie Kell, Uncle Ben, Ben and Jack. x

WHITE. Ronnie. 20-10-06 - 12-8-07. Miss you more everyday. Think of you all the time. Love Auntie Lucy and Uncle Marc. x

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Acknowledgements

CORBETT. Tom. Joyce and family would like to thank everyone for their kind messages, flowers and donations for Cancer Research, also doctors, nurses and Daniel Robinson.

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GENOWEFA BILINIS

Beloved mother of Danuta and grandmother of Alicja, died 26-7-2008, aged 85 years. Funeral on 11th August 2008 at 10.45am in Our Lady of Fatima Church, followed by burial at Parndon Wood Cemetery. All friends welcome, but please do not wear black.

Family Notices

can be sent by email to advertising@herts.essexnews.co.uk or telephone 01992 526666 for further information

RON DUNKIN

Much loved Dad and Grandad. Passed away 29th July 2008. Funeral 13th August 3pm, Parndon Wood Crematorium. Back with Mum now. God Bless. Susan, Marilyn and grandchildren

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"WE'RE THERE BECAUSE WE CARE"

EDITH WYLLIE (Edie)

Passed away peacefully on Saturday 26th July 2008 at Tye Green Lodge. The funeral will take place Friday 8th August 3:30pm at Parndon Wood Crematorium. A much loved and greatly missed Mum, Nan and Great Nan. Reunited at last with Dad. We will miss your lovely smile, God bless, love you always Linda, Chris, Steve, Nick, Jo and Lois. xxxxxxx

LEN FRANCIS

August 8 2000
Always with me.
In my heart forever. Kath x

In Memoriam

ELSIE MINNIE and JOHN WILLIAM BOWERS

Many years have passed, but you are forever in our thoughts and always in our hearts. All our love, from husband John, Christine and family and friends xxxxx

FRANCIS. Len. August 8 2000. Love and memories with us always. Keith, Angie, Tammie, Carl.

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Family Announcements

IT'S A GIRL



Congratulations to **CARL and NINA** on the birth of their baby daughter Megan, born on 25/07/08 at 16.58 weighing 7lb 14oz. Lots of love Grandad and Nanny Maria x x



CRAIG CLARKE
08.08.08
Happy 18th Birthday. You are our Gold Medal. Have a great day. Love Mum, Dad and Jade. xxx



LAUREN GRUNDY
08.08.08 18 at last
Congratulations to our darling Lauren. Have a great night. Love Mum, Dad, Jodi, Jack and all the family xx



MUM AUNTY LISA
You're the BEST
Happy 30th Birthday. Lots of love Georgia, Ryan, Kyla and Sasha xxxxx



MR JAMES McLEOD,
Harlow, married **MISS JULIE-ANN GALE,**
Portadown, N. Ireland, at the St George Church in Paphos, Cyprus, 23rd July 2008


Retirement

Happy Retirement
CHRIS CULLEN
Congratulations and happy landings on your re-tire-ment after 33 years flying with British Airways. I hope the future is as happy and fulfilling for you Chris. God Bless. All my love, always, Mum. xxx

Birthdays



CAROL ANN (Nee) TUPPER
Happy 50th Love Alan and Sox xxx




RACHEL CLARKE
Happy 40th Have a good one babe. Lots of love, Guilia, John, Rhys, Tyler-Louise, Paige xxxxx



SANDRA LOCKETT
Wishing you a very happy 40th, 6th August. All our love, Mum, Dad, Danny, Julie, Tina, Scott, Dee, Yasmin, Jordan, Josh, Trey xxxxx

ROGER
Still hair crazy after all these years
Happy 30th. Have a great one. Lots of love, Dad H and Bertie x




DUFFY : EXETER
Mr and Mrs G Duffy are pleased to announce the marriage of Tony Mark Duffy to Kelly Exeter on 8/8/08 2pm at The Manor of Groves. We are looking forward to sharing your special day with you xxxxx



SPIRES : BURNETT
Zoe and Karl
9-8-08
Best wishes on your Wedding Day. Good luck for your future together. Love Mum, Dad, Emma, Brad, Matt, Kelly and families.



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GROUP OF NEWSPAPERS




TOMMY LEE AKEN
Happy 16th Birthday 08.08.08 Love Mum, Dad and Gracey xxx



RACHEL CLARKE
Happy 40th Birthday Mum. Hope you have a lovely day. Lots of love, Danielle, Lauren and Kaita xxx

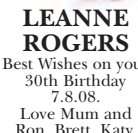
40th BIRTHDAY

SANDRA LOCKETT
Happy 40th Birthday. Love Kim, Chris, Sandra, Yvette, Linda and Julie



30th BIRTHDAY

LEANNE ROGERS
Best Wishes on your 30th Birthday 7.8.08. Love Mum and Ron, Brett, Katy, Wayne, Jayden xxxxx




40th BIRTHDAY

MICHELLE VASANI
Happy 40th Birthday. Lots of love. Rak, Ross, Hannah and Sarla



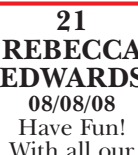
REDDING : MORRIS.
Congratulations Gareth and Claire on your Wedding August 9th. Love always, Mum, Dad, Donna, Nan and Grandad.

Congratulations



HAYLEY BAMBER
Is 21
11-08-08
congratulations 'H' with love from Dad, Mum and Joe xxx

21 REBECCA EDWARDS
08/08/08
Have Fun! With all our love as ever, Mum, Dad and Kate xxx



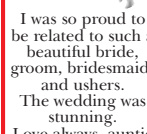

CONGRATULATIONS JAMES AND SIAN
on your Wedding 9th August. Love Nan, Dan and Ang

Lucie
x X x


BORRETT: SMITH
To our darling Kelly and Oscar Every happiness to you both on your Wedding Day, and always. Love Mum and Dad x x x



JADE and LUKE
I was so proud to be related to such a beautiful bride, groom, bridesmaids and ushers. The wedding was stunning. Love always, auntie Don, Lee, Liz and Simon.





ZOE and LAURA
9th August 2008
Wishing you both a Happy 18th Birthday. All our love, Mum, Kev, Chris, Julia and Nan. xx



HOPE MURRAY
Happy 16th Birthday Wednesday 13th August. Lots of love Mum, Graham, Reece and River xxxxxx




Happy Birthday LAURENCE
Have a lovely day on Saturday. All our love Mum, Dad & Tilly xxxxx



BORRETT : SMITH
To my Mummy and Daddy on your Wedding Day. Luv u I will be a good boy. Luv your Sonni-James x x x



JADE STEVENS and LUKE TRACEY
Congratulations on your Wedding, 2nd August 2008. It was a beautiful day and you both looked amazing. Lots of love, Mum. xx P.S. Josh you made me very proud.




DANNY MAPP
To my big 'Bruv' Happy 18th Birthday. Love you lots. Your baby 'Sis' Jordan xxx



SUE AND NEIL PIERCY
Happy 25th Anniversary Mum and Dad. Love Lucy and Steve xxx

40th BIRTHDAY

MICHELLE VASANI
Happy 40th, August 9th. Have a great day. Love Mum, Dad, Sarah, Glenn, Alisha and Melissa



DUFFY : EXETER.
Tony and Kelly. Mummy and Daddy have a lovely Wedding Day. I am excited to be your bridesmaid. Love Jessica. xx

DUFFY : EXETER.
Tony and Kelly. Good Luck on your Wedding Day. Love from you usher Leigh, bridesmaids Nicola and Amberleigh and page-boy Hadleigh. xxxxx



JADE STEVENS and LUKE TRACEY
Congratulations on your Wedding day. You both looked great and it was a beautiful day. Very proud of all our grandchildren who were the bridal party. Love Nan and Grandad.

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RANGERS CLUB

SECRET MESSAGE Jruhu qa lae cohx o fcopufvrc? Og o cohxbvt zuguah

Space jet that's out of this world

The world's first-ever high-tech aircraft able to take ordinary holidaymakers on trips into space has been unveiled.

The high-altitude jet called White Knight Two Eve will carry a separate spacecraft holding two crew and six passengers out of the Earth's atmosphere before propelling it into orbit.

More than 250 people have already paid a whopping £100,000 each to be among the first passengers to become space tourists.

British billionaire Sir Richard Branson is the man behind the project and estimates the first trip could take place within the next 18 months.

But first the aircraft must be thoroughly tested, a

complicated process which will begin in the autumn.

White Knight Two Eve will act as a mothership, designed to cradle SpaceShipTwo under one of its wings and then release it once it has reached a height of 15,240 metres.

Once separated from the aircraft, SpaceShipTwo will fire its rockets and climb 100km above the Earth.

However, engineers still need to finish building SpaceShipTwo, which is only three-quarters complete at the moment.

The space adventure is one of a number of new trips that will soon be available for people with lots of money who want to experience the trip of a lifetime.

RANGERS



FACTFILE

NAME: Ryan (member 710)

DATE OF BIRTH: August 12, 2000

ADDRESS: Sakins Croft, Harlow

SCHOOL: Pear Tree Mead Primary

HOBBIES: Football and tennis

DISLIKES: Going to bed

FAVOURITE FOOD: Pizza

LEAST FAVOURITE FOOD: Vegetables

FAVOURITE BOOK: Horrid Henry series

FAVOURITE TV: Soccer AM

FAVOURITE MUSIC: Pop music

FAMILY: Brother, Freddie (4)

WANTS TO BE: A footballer

(photo: QCCV957F/01)

Happy Birthday

FRIDAY

JASMINE (member 912), of Willowfield, Harlow, is 4

SUNDAY

DANIEL (member 513), of Abbotswell, Harlow, is 12 and retires from Rangers.

ALFIE (member 409), of Halling Hill, Harlow, is 10; **DYLAN** (member 448), of Hornbeams, Harlow, is 6

MONDAY

JORDAN (member 658), of Latton Green, Harlow, is 10; **SIAN** (member 441), of Peacocks, Harlow, is 8

TUESDAY

STEVEN (member 475), of The Downs, Harlow, is 11; **RYAN** (member 710), of Sakins Croft, Harlow, is 8

WEDNESDAY

LOUIS (member 356), of Wychford Drive, Sawbridge-worth, is 6

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**LOCAL
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GP services pass health check-up

By CHRIS MOSS

moss@hertsexnews.co.uk

HEALTH services in Harlow received a shot in the arm after a Government watchdog reported high levels of satisfaction among patients.

The Healthcare Commission's newly published Patient Survey Report has revealed that most patients using services provided by West Essex Primary Care Trust are happy with the care received from their local GP.

The survey covered topics such as access to appointments, waiting times and patients' relationships with NHS staff.

Almost 500 patients were questioned at practices and health centres operated by West Essex Primary Care Trust, which includes all those within Harlow. The responses ranked the PCT 'satisfactory' and among the intermediate 60 per cent of trusts.

It fared especially well in the medicines and health promotion categories, with 92 per cent of patients satisfied with their own involvement in decisions about medication. The PCT was also ranked among the top performing 20 per cent of trusts when it comes to giving advice on exercise and healthy eating.

Patients responded positively when asked about their experiences within the consultation room, with the vast majority saying they were treated with dignity by staff and had complete confidence in their doctors' abilities.

However, respondents did express dissatisfaction regarding communication with their surgeries, with 46 per cent claiming to have experienced difficulty in getting through on the phone and 93 per cent saying they were not told how long they would have to wait to see their doctor on arrival.



Spring into summer

SPRING was in the air at Harlow's Harvey Centre this week.

As part of the programme of events for families, trampolines were brought in to keep children happy while their parents shopped.

A centre spokeswoman said: "It went really well

and is just one of the events families can enjoy this summer."

Pictured enjoying the fun is Joshua Snell (7).

Over the next three weeks the centre will hold a Scalextric challenge, meet the animals show and Hip Hop Pop performances.

(photo: SVCWV4W/03)

Hospital minimises food waste

A POLICY of 'waste not want not' at Harlow's Princess Alexandra Hospital has reaped rewards after it was found to bin less food per year than any other health institution in the region.

PAH throws away only three per cent of meals served to its patients, making it the most efficient in the region and streets ahead of Ipswich Hospital, the worst offender with a staggering 14.7 per cent wastage.

The figures came to light in an investigation by *BBC Look East*,

which revealed that almost £1m worth of food is wasted by the region's hospitals every year – enough money to pay for 50 extra nurses.

A PAH spokesman welcomed the results as proof of the hospital's commitment to improving food standards.

"We have always taken the value of food seriously and we work very closely with dietitians to ensure that each patient gets the healthy, balanced diet they need during their stay with us," he said.



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Social council to foster spirit of civic pride

A CULTURE of "civic activism" is to be promoted in Harlow with the creation of a new Social Action Council.

Harlow Council leader Andrew Johnson has confirmed plans to establish the group in an effort to forge stronger links between the council and the town's voluntary organisations, community groups and churches.

The new body will incorporate some existing schemes including Harlow Street Scene Champions. The aim is to include people from all age groups and backgrounds.

Mr Johnson said: "One of the first tasks of Harlow Social Action Council will be to look at short-term and long-term projects to tackle youth anti-social behaviour by involving young people in voluntary activity to encourage a spirit of civic responsibility and pride in our town."

"We look forward to further consultation to help launch an organisation that will set the foundations for greater participation in voluntary activity from which our community can only benefit."

Take a hike through countryside at risk

CAMPAIGNERS fighting to protect the countryside surrounding Harlow are to lead a walk for people who want to explore the areas under threat from proposed housing development.

Stop Harlow North has teamed up with the Ramblers Association to run Sunday's 12-mile hike which will start from the Lion pub in Eastwick at 9.30am.

The length of the route means it is only suitable for experienced walkers and those who are in good health.

EssexWorks.

Look out for a new bus ticket in Essex



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By **BEN WILKINSON**

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YOU could be forgiven for not recalling last month's celebrations to mark the 60th anniversary of the National Health Service.

Other than a bit of glib political jostling between the reds and the blues over which bunch of politicians was most committed to the NHS's future, events to mark the diamond jubilee of the groundbreaking 1948 creation were distinctly low-key – in Harlow, at least.

So let's cast our minds back to 1988 when the town went a bit more, well, to town to mark the birthday of Britain's best-loved symbol of the welfare state.

Local trade unionist Dave Barham was heavily involved with organising the festivities and sent us these pictures recording the event.

"We wanted to make a big

deal about the 40th anniversary because, at that time, with Mrs Thatcher in Downing Street, we thought the future of the NHS was far from secure," he said.

"These days, thankfully, there seems to be more of a consensus that the NHS is a massively important institution, but I'm afraid to say that wasn't the case with a lot of Tories back in the '80s."

He added: "We went around the town with a big birthday card asking people to sign it if they valued their health

service.

"I also, somehow, managed to borrow a double-decker bus from the local bus garage to do a tour of the town – it was a bit easier to organise things like that in those days!"

● DO you have memories of such celebrations in the past? And, also on the NHS theme, do you recall Harlow nurses protesting for fair pay in the early 1990s and an ambulance driver's strike back in the 1980s? Write to *Nostalgia* with your memories.

Charismatic teacher's time as an Anglo-Saxon invader

A PLEASING response has been received to our article about Dick Sothcott, the Brays Grove teacher who became a face of Anglia TV.

Former pupil Peter Burdge (62) writes from Enfield: "My memory of him was as a talented and charismatic languages teacher. He would re-enact situations in class, holding the pupils captivated. He even spoke Anglo-Saxon and I remember him being interviewed by the history teacher, Mr Toms, as an Anglo-Saxon invader!"

"He certainly inspired me as a young First Year and I was devastated when he went off to Anglia as a presenter. These were the days when the continuity presenter appeared on screen.

"I did hear from him once or twice after he left the school, as he was still living in Harlow."

Churchgate Street resident Mike Philbrick has also been in touch. He remembers Mr Sothcott as a fellow pupil at the old Harlow College.

"I think we left at the same time in 1950," he recalls, "We then both went to Walthamstow Tech. I then went in to the Royal Air Force to do my National Service and I didn't see Dick again until I was working for ATV in about 1960. He was working for Anglia and we just happened to bump into each other."

● DO you know any more about Dick Sothcott – or are you the man himself? Write to us at *Nostalgia*.

25 YEARS AGO August 11, 1983

GOVERNORS IN SCHOOL FIGHT

STEWARDS School governors have joined the fight of a group of parents whose children have been refused places at the school.

The governors say they do not believe the school will be made any less efficient by admitting the 23 children.

START SOON ON REC. CENTRE

A MULTI-purpose recreation centre is to be built by Harlow Council at Elderfield, Mulberry Green, Old Harlow, at a cost of £154,000. It should be completed by December 1984.

IF SIR FREDERICK WAS MAROONED ...

IF Sir Frederick Gibberd, the man who designed Harlow, was marooned on a desert island he would take a bottle of sleeping tablets and his personal collection of poems with him.

That was what he told Roy Plomley on Radio Four's Desert Island Discs.

He explained that he feared a slow death and if he was seriously ill and no medical treatment was available, he would take the tablets.

COLLEGE TRAFFIC DANGER WARNING

STUDENTS at the new Tertiary College will face traffic dangers every time they come into town, it was claimed this week.

Harlow Council's education monitoring group put the blame on Essex County Council's refusal to build a bridge or subway between the two sites.

The college, due to open in September 1984, will be based at the Technical College and Netteswell School – divided by the busy Velizy Avenue.

Has anything in this week's *Nostalgia* jogged your memory? Write to *Nostalgia*, Harlow Star, 6-8 West Gate, The High, Harlow, Essex CM20 1JW or email wilkinsonb@hertsessexnews.co.uk

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Choose To Make The Right Move

By JANE JOHNSON

A local company can help any home owners who may have the threat of bailiffs or repossession hanging over them.

Housebought4cash.com will buy your property in 7 days or less allowing you to avoid repossession, repay your mortgage and clear any arrears. Acting early could leave you with cash and a clear credit record, allowing you to carry on living as normal without the stress.

For property owners in serious mortgage arrears or facing repossession, estate agents have a limited choice of options to offer those that need to move quickly.

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IF you need to sell your home quickly you should really speak to housebought4cash.com.

They act discreetly and no sale board will appear outside of your home. There are many different reasons why you may wish to sell your home quickly. Respect for individual circumstances is absolutely important when dealing with sensitive financial matters.

You can visit their website at www.housebought4cash.com and get a guaranteed offer within 48 hours.

You can use your mouse to sell your house!

SELL YOUR HOME AND RENT IT BACK

Fast property sale could mean less stress for you



Good move...sometimes a quick cash sale can help people to get back on their feet.



By JOHN SMITH

STRUGGLING to make ends meet or make money last to the end of the month? Are you slipping further into debt?

Recent years have seen more and more families slide into debt and often it can seem that there is no way out of the problem.

A local company believes that it has the answer to many homeowners that may find themselves in this very difficult and stressful situation. Housebought4cash.com can also help you stop slipping further into debt by releasing money for you from your property. You can pay off outstanding bills and secure your financial future. They guarantee to make an offer to buy your property, whether it is residential or commercial, regardless of its condition or location.

Free of Charge

The company will assess your situation and value your property free of charge. They will then present you with a range of options which meet your requirements.

It may be possible that you want to stay in your current house as a tenant. All rent-back plans are at market prices and are handled discreetly so that nobody, including your neighbours need never know. No 'For Sale' sign will appear outside of your home.

You can make a smart move today and visit their website at www.housebought4cash.com or you can call them on **0871 288 4740** for free advice on a stress-free future. Remember, they will make a cash offer within 48 hours.



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DIFFICULT DIVORCE OR SEPARATION?

IT is a sad fact that divorce and selling your home are two of the most stressful times in our lives. Having to deal with the breakdown, the financial settlement and the upsets all at the same time is even more difficult to cope with.

A local business, Housebought4cash.com, believes it offers the ideal solution to couples who find themselves going through this often traumatic time. Indeed they have helped many people for over 10 years in similar situations. There are many different personal circumstances during a divorce or separation, and often you may be choosing to sell your home.

You may want a quick sale to move away from the area or perhaps you want to free up your cash and stay in your house. Housebought4cash.com

SPECIAL REPORT By JOHN HOLLOWAY

guarantees that it will make an offer within 48 hours of an enquiry and can complete within 7 days. This will allow you a fast and easy way of paying any outstanding debts or mortgage, and reach a quick financial arrangement. They will help you find the right solution, whether you want to move away and make a fresh start or stay in your home.

Relief

Mr. M from Cheshunt used the services of housebought4cash.com when faced with an extremely difficult and stressful time, "I purchased a property for development and was in the middle of refurbishing it when my relationship broke down. At the time when the house looked a total mess, I have to say I thought it impossible to sell it on the open market. I then noticed

your advertisement in a local free paper and within 48 hours had agreed to sell my property to housebought4cash.com. What a relief."

Housebought4cash.com will make a swift offer for your property and handle all aspects of the sale ensuring an easy and simple completion. The sale proceeds will clear your mortgage and joined debts, and the balance divided between the two of you allowing you to go your own separate ways. They also offer a quick purchase and a rent back option allowing one of you to stay in your home and to keep your family settled.

You can make a smart move today and visit their website at www.housebought4cash.com or you can call them on **0871 288 4740** for free advice on a stress-free future.



Remember, they will make a cash offer within 48 hours.

Why not visit their website at www.housebought4cash.com?

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Local BusinessFeel like a princess and find
the dress of your dreams

IT'S official opening may only have been a few weeks ago in July this year, but Weddings Direct in Harlow has already started to make a name for itself as one of the best in the business when it comes to stunning wedding gowns and bridesmaids dresses.

Weddings Direct is a family-run business, with Linda, husband Stephen and daughter Bethany. Linda started selling wedding gowns just over a year ago from home and at local wedding shows.

The business took off quickly, as more and more customers heard of Linda and the service she provided. The family then decided to open premises and the result is the Weddings Direct studio in The Pinnacles.

Customers who have visited Weddings Direct have commented on the relaxed, informal experience, as well as the style and layout of the studio.

There are two main rooms for wedding gowns and bridesmaids and in September, there will also be a selection of prom wear.

The large changing room has been designed to make the bride to be feel fabulous, with plenty of room to walk about and experience the wedding gown - not only how it looks, but how it feels!

"At Weddings Direct, we believe that by having free, private fittings, we are bringing back excellent customer service, which we feel every future bride deserves.

"This makes for a wonderful

experience for them and any friends or family members who they wish to bring with them," said Linda.

Weddings Direct prides itself on the quality of the gowns and stocks ranges from two exclusive designers: Lamia Scintilla and Taneisha Jordan. There are also White Rose, Lady Grace and Sweetheart wedding gowns.

You'll find a beautiful selection to suit all budgets, from size 8 to 32. Made-to-measure wedding gowns

are also available, so you can rest assured you will find the wedding gown of your dreams!



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the guide



A NEW WRAP STAR IS BORN

Mummy franchise heads to China

cinema: page 22



Having a major Blast!

It was like the end of the world, but in a good way, as youngsters from the Harlow area staged a self-produced show.

It's A Blast 2008, run by former Playhouse manager Phil Dale and supported by the Jack Petchey Foundation, finished in style on Saturday with the show *Armageddon Outta Here!*

More than 200 audience

members enjoyed the performance in the main auditorium, which had been written and produced by the 48 10- to 18-year-olds taking part.

Mr Dale said: "In terms of its artistic merit, this is definitely one of the best we have run; not only was it for them to enjoy themselves, but they also put something on which had great theatrical merit."

(photo: PHT224YK/01)

arts diary

DANCE It may sound like a description of pavements on the northern side of the town centre on a Friday night, but *Sickest Steps* is actually the next production at The Playhouse by dance troupe Hip-Hop Pop. Young dancers are invited to come up with their own ideas from duets to crews and from krump to nu-flo to make the show a hit. The production will take place on October 28. To take part, visit www.hiphoppop.co.uk/sickeststep, download the application form and return it by September 2.

BOOKS

Children's author Jack Trelawny will give an illustrated talk on his hugely popular Kernowland series today (Thursday) at St John's ARC, off Market Street, Old Harlow, at 1.30pm. He will read extracts from his new book and answer questions from the audience. As this event is being subsidised by Harlow Education Consortium, there will be no entry charge.



ART Friends of Harlow Sculpture Collection will be launching a series of guided tours around the town's inspirational pieces on Sunday by coach. The following Sunday will be a family tour on bicycles and August 24 will be a walking tour. For further information, call (01279) 830784.

ART An exhibition concentrating on the textures and mythology regarding the Earth's surface begins next Thursday at Harlow's Parndon Mill Gallery, off Elizabeth Way. The exhibition is free and runs until September 21.

Playhouse lines up a feast for the autumn

THE stage is set for seasonal fun with a selection of productions at The Playhouse in Harlow.

The latest brochure, which takes the bill up to the New Year, includes many firm favourites from the world of music as well as hard-edged drama and tribute acts.

Fears of D-list celebrities taking part in The Playhouse's pantomime *Snow White and the Seven Dwarfs* – for the first time produced by a private company – were put to bed with the casting of former *EastEnders* actress and pop star Michelle Gayle and Mark Griffin, aka TV's *Gladiator* Trojan!

The panto runs from December 12 until January 11. Tickets are available from (01279) 431945.

Among the many tribute acts is the return of T-Rex (October 4) sure to excite Marc Bolan fans, The Eagles' imitators The Talons take it easy when they come back to the town on November 2, Katy Setfield dazzles as Dusty Springfield (October 2) as well as tributes to Abba, Kylie and, together in the



By
JIM TANFIELD

same gig, Queen and ELO. The real McCoys appearing, however, include Alvin Stardust on September 18 and Marty Wilde And The Wildcats (October 19).

Comedy has also been given a boost with three nights of stand-up on September 24, 25 and 27, including the legendary *In Bed With Me* presenter Bob Mills and TV fixture Rudi Lickwood's sideways views.

The original Ealing comedy *The Ladykillers* is being screened on September 26 and Jonathan Ross' 4 Poofs And A Piano complete the line-up on September 26.

However, there is no large community musical or Shakespeare production since the Playhouse Theatre Company was disbanded earlier this year.

All tickets are available from the box office on (01279) 431945 and full listings can be viewed at www.playhouseharlow.com.

Mounting an unusual show



STRIKING: Jenny Lushington with one of Paul Mount's sculptures (photo: NCFHFBZ/05)

A SLICE of south-west sculpture comes to Harlow in the many and varied forms of a new exhibition.

The Gibberd Gallery, in partnership with the Friends of Harlow Sculpture Collection, is presenting a showcase of sculpture and paintings by the Cornish artist Paul Mount.

Each summer, the gallery profiles the work of artists who are represented in Harlow's sculpture collection.

This year's exhibition celebrates the artist's relationship with the town through his sculptural forms cast in iron and bronze or welded from stainless steel, as well as a handful of his recent abstract oil paintings.

One of the first sculptures to be sited at the Gibberd Garden was a Paul Mount

creation of interlocking forms in cast iron (*Interlock*, 1979) commissioned by Sir Frederick Gibberd.

The Gibberds then added to their Mount works with a stainless steel mobile called *Grossien* (1979) and when the Harvey Centre was being designed in the 1970s, the Harlow Art Trust commissioned Mount to design a mobile for the central space, *Gymnopedie* (1981).

More recently, *Gymnopedie* has been replaced by the sculptor's *Ecstasy* (1972), which can be found in the Civic Centre reception.

The exhibition is free and the gallery is open Monday-Friday from 9am-5pm and Saturdays 9am-noon. For more information, call (01279) 446438.

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Into the Dragon's den to resurrect franchise

THE MUMMY: TOMB OF THE DRAGON EMPEROR

certificate 12A, running time 1h 52m

THE reckless tomb-raiders are back for more danger, treasure and adventure but this dire third effort in the inexplicably popular franchise is surely the final nail in *The Mummy's* coffin.

Everyman action hero Brendan Fraser may have signed up for one last outing as intrepid explorer Rick O'Connell, but even his box office pulling power will struggle to convince cinemagoers that this ill-conceived mish-mash of frantic action, overt propaganda and misfired gags is worth a trip to the multiplex.

Seemingly unable to avoid tussles with undead megalomaniacs, the O'Connell clan this time find themselves in China and facing the wrath of grumpy 2,000-year-old Emperor Han (Jet Li, hamming it up to the max).

Cursed to spend eternity in suspended animation by a double-crossing sorceress (Michelle Yeoh), the so-called Dragon Emperor is stirred from his enforced slumber by Rick's dashing son, dim-witted archaeologist Alex (Luke Ford), and is understandably a little grouchy. Hell-bent on destruction and determined to conquer the world, he calls on his vast, tourist-baiting Terracotta Army for support, putting young Alex in a bit of a pickle.

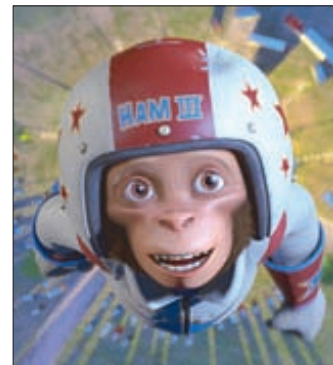
But luckily for him, his parents just happen to be the world authority on stopping re-animated mummies from taking over the world and he duly calls them up for assistance in dealing with yet another maniacal monarch, with the intrepid family forced into a fraught race against time (as usual) that takes them from the ancient catacombs of China to the frozen expanses of The Himalayas.

Somehow managing to turn the first-ever fully co-operative American/Chinese film into an overtly pro-US propaganda piece while making complex martial arts look as creative and dignified as a drunken pub brawl, director Rob Cohen certainly won't be invited back to the Orient in a hurry, but no doubt he'll be back behind the camera signing himself another cheque for the inevitable follow-up.



MUMMY'S BOY: Brendan Fraser and Maria Bello star in *THE MUMMY: TOMB OF THE DRAGON EMPEROR* (S)

also on release



SPACE CHIMPS

(certificate U, running time 1h 21m)

Proving themselves to be a poor man's Pixar, Vanguard Animation unsuccessfully try to claim a slice of the lucrative CG pie for themselves with this uninspiring tale of chimps in spacesuits.

Fleckless circus entertainer Ham III (voiced by Andy Samberg) is the grandson of the first chimp in space but is reluctant to follow in his grandfather's footsteps when he's asked to join a team of ape astronauts on a mission to salvage a lost spacecraft.

Pushed into agreeing to the mission by Stanley Tucci's bolsky senator, the simian slacker soon becomes an unlikely hero when their vessel crashlands on an alien planet and he helps save its inhabitants from nefarious dictator Zartog (Jeff Daniels).

MAKE IT HAPPEN

(certificate PG, running time 1h 30m)

The latest in a slew of generic dancing-against-adversity melodramas with power-slogan titles, this follows the same tired formula as all of its yawnsome peers.

Lauryn (Mary Louise Winstead) is a young woman from a small hick town in Indiana who moves to Chicago with dreams of entering the famous Chicago School of Music and Dance.

But after being rejected due to her unorthodox style she finds herself working in a burlesque club, where she discovers a crazy new type of dance that takes the baying punters by storm.

ANGUS, THONGS & PERFECT SNOGGING

(certificate 12A, running time 1h 40m)

The writer/director of sickly sweet coming-of-age comedy *Bend It Like Beckham* returns with, yep, another sickly sweet coming-of-age comedy.

Gurinder Chadha may have been moaning in the press recently about the lack of innocent kids' films anymore, but she displays a staggering degree of hypocrisy with her latest effort, which is aimed squarely at hormonal girls aged 13-going-on-21.

Littered with lazy clichés, infuriating dialogue and risible acting, this is the story of an irritating 14-year-old Bridget Jones wannabe who spends the entire film getting into 'hilarious' scrapes with her gormless chums while trying to land her first boyfriend.

sound check with Chris Moss

IF the phrase "ska-punk" conjures up images of overweight Americans wearing ill-fitting suits and chequered slip-ons blowing frantically on trumpets while dancing like a troupe of embarrassed uncles, then you've clearly been watching too much MTV. Remember proper two-tone bands like The Specials, The Selecter and The Beat? Well, despite their tender years, the Dregs clearly do, and they do a pretty fine job of revisiting the second-wave ska years to remind everyone how things should be done. While many of their peers' penchant for pastiche would have Prince Buster turning in his grave, these snappily monikered youngster cook up some tightly structured, old-skool ska rhythms while loveable low-life laureate Joe The Hoe waxes lithely lyrical in a cheeky cockernee style. Still not convinced? Then catch them live at The Square tomorrow (Friday) night and see for yourself – I defy you not to skank ...



BAND: Dregs Of Society

FROM: Scattered across Essex and east Herts

WHO THEY?: Joe the Hoe (guitar/vocals), Arnivore (bass), Number 2 (trumpet), Fez (saxophone), Jinj (guitar), Judge (bagpipes), Rhys (drums)

SOUNDS LIKE: Chris Difford spiking The Specials with dangerous quantities of laughing gas

WEBSITE: www.myspace.com/rhysisqueer

gig guide

TONIGHT

CHEQUERS, Market Street, Old Harlow – Stacey Lee

FRIDAY

SQUARE, Fourth Avenue, Harlow – Catch It Kebabs, Dregs Of Society & Small Town Fiasco

QUATTROZ, The Rows, Harlow – LR Rockets, Palace & Daypilot

SHARK, Hobtoe Road, Harlow – Jamie

PURPLE EMPEROR, Momples Road, Harlow – Billy Vegas

SATURDAY

SHARK, Hobtoe Road, Harlow – Hedgehog

HORNS & HORSESHOES, Foster Street, Harlow – Sean Dillon

MOOT HOUSE SOCIAL CLUB, The Stow, Harlow – Indecision

BURNT MILL SNOOKER AND SOCIAL CLUB, Edinburgh Way, Harlow – Sam Scott

CD reviews by Ben Wilkinson

FANTASY BLACK CHANNEL

Late Of The Pier (album, Zarcorp)

Oh, no, not more predictable, generic nu rave-influenced synth rock! Well, no, because while that dog-eared genre is perhaps foremost of the many thrown into the mix here, *Fantasy Black Channel* is also one of the most innovative and daring albums to hit the shelves in some time. Okay, so they do go a tad over the top with the crazy arrangements and silly sound effects at times but, let's face it, if you wanted something safe, conservative and grandma-proof, you'd be buying a Snow Patrol record anyway. Admittedly, this isn't always the easiest album to listen to but its flashes of brilliance, boundary-pushing originality and sheer 'two-fingers to convention' attitude make it thoroughly worthwhile.

SCARS ON BROADWAY

Scars On Broadway (album, Interscope)

Apparently this lot were influenced by David Bowie, although it's hard to recall the Thin White Duke's doom metal phase – he may have been pretty chameleonic, but that it's a safe bet that didn't happen. This is not quite as minor-key as the stuff of the band's other guise, System Of A Down. Serj Tankian, the beau of both

still showing

THE X-FILES: I WANT TO BELIEVE

A smart addition to writer/director Chris Carter's patchwork canon and a notable improvement on Mulder and Scully's previous big-screen outing, the inimitable duo join forces once again when a series of women are mysteriously abducted and killed in a rural backwater. With the bizarre visions of a disgraced priest to assist them, it's only a matter of time before our heroes begin to suspect those pesky aliens are somehow involved.

THE DARK KNIGHT

Heath Ledger gives an astonishing performance as The Caped Crusader's psychotic nemesis The Joker in this dark, uncompromising sequel to *Batman Begins*. Just as Gotham City appears to be on the mend and Batman considers hanging up his cape for good, a new criminal presence emerges from the underworld and, despite his name, he's not one to kid around.

WALL-E Disney/Pixar once again show who's boss when it comes to CG family fun with a futuristic tale of robot love that is sure to pull on the heartstrings as diminutive robot WALL-E finds himself thrust into a race against time to save humanity from extinction.

MAMMA MIA! The story of a vacuous bride-to-be trying to find her real father in time for her big day, inexplicably told using hit songs by the insufferably kitsch '70s group, ABBA.

THE SPIDERWICK CHRONICLES

Upon moving into the run-down Spiderwick Estate with their mother, three siblings find alternate world full of faeries and fearsome creatures on their doorstep.

ALVIN & THE CHIPMUNKS

A struggling musician tastes success when a trio of annoyingly chirpy singing chipmunks move in: rebellious leader Alvin, brainbox Simon, and loveably chubby Theodore.

DR SEUSS' HORTON HEARS A WHO!

Fantastic CG comedy in which an existentialist elephant must help save the inhabitants of a microscopic world, adapted from a novel by favourite children's author.

Paul Newman reviews a selection of the latest releases on DVD

Revolutionary grace under pressure

CHILDREN OF GLORY
(Lionsgate UK, 15, retail & rental)

A compelling tale of love in the days of rage, this stirring and unashamedly nationalist drama from Hungary tells the story of 1956's failed uprising against USSR control filtered through the lens of the Hungarian water polo team and the long-standing grudge against its Soviet rivals.

The film opens with a typical game between the two, the dastardly Russian team cheating like mad and counting on partisan judges to ensure victory over the superior Hungarians.

Hungarian captain Karcsi Szabo (Ivan Fenyő) cares only about competing in the forthcoming Melbourne Olympics, until he meets student activist Viki Falk (Kata Dobó) and is slowly politicised by her idealism and the swelling tide of nationalistic fervour which demands an end to the oppressive domination of the Soviet Union.

When push comes to shove and he's given a choice between sporting fame and armed uprising, he joins Viki on the barricades to fight for his country's freedom.

But after the victory is apparently won and he sets off for the games, Moscow shows it has other tricks up his sleeve and stages a counterattack, leaving Karcsi and his team to carry the flag for their nation's independent spirit in a final, brutal game against the USSR.

Films equating political upheaval with sporting endeavour often come a cropper and wind up trivialising the more important events in pursuit of freightening the trivial with dramatic immediacy, but director Krisztina Goda strikes just the right balance by using the internal politics of the water polo team as a microcosm of the broader debates dividing Hungary.

Star rating: ★★★★★

EDEN LOG

(Momentum Pictures, 15, retail)

An ambitious and minimalist piece of French science fiction, *Eden Log* is something of a breath of fresh air in a genre usually dominated by jaw-dropping spectacle at the expense of narrative intelligence or originality.

Director/co-writer Franck Vestiel previous worked on the nerve-shredding urban thriller *Them* and brings a lot of that film's claustrophobia to bear here, while pleasingly assuming attention and a degree of cognitive intelligence on the part of his audience.

It opens with a man (Clovis Cornillac) waking naked, confused and amnesiac in a pool of mud at the bottom of a subterranean nightmare of tunnels and ruined technology. He hasn't a clue what's going on and neither have we, leaving both the watchers and the watched to piece it together for themselves as he struggles through the labyrinth of abandoned laboratories and occasionally stumbles across a clue as to what's going on.

Nearing the surface, he increasingly encounters veritable forests of plant roots growing down through the complex, evidence of a shadowy organisation called Eden Log and terrifying hostile mutants.

At times, the relentless travelling through dark tunnels and surprise creature attacks make *Eden Log* play like an art house adaptation of the video game *Doom* stripped down to a palette of black, white and



gunmetal-blues and, although it can sometimes seem a little too wilfully obscure, the man's journey is amply rewarded with a finale both startling, devastating and eerily beautiful.

Star rating: ★★★

THE KOVAC BOX

(DNC Entertainment, 15, retail & rental)

Life comes to mimic art in this Spanish sci-fi mystery whose ambitions often outstrip its ability but which nevertheless has a few good ideas to chew on.

Timothy Hutton stars as somewhat jaded sci-fi author David Norton, in Majorca for a genre fiction conference when his fiancée inexplicably leaps to her death from their hotel window after receiving a phone call.

Several other equally unlikely defenestrations follow and Norton picks up with the foxy survivor of one of them to investigate events while he ponders how the string of deaths relates to elderly fan Frank Kovac (David Kelly) and his advocacy of the author's earliest work *Gloomy Sunday*, a dystopian futuristic novel in which a paranoid government fits all newborns with microchips so it can order people to self-destruct if they become a problem in later life.

The Kovac Box evidently wants to strike a

Hitchcockian tone but its various meanderings test patience while Hutton's lack of engaging charisma keep the pacing pretty flat.

Star rating: ★★

VANTAGE POINT

(Sony Pictures, 12, retail & rental)

A formulaic, contrived Hollywood thriller that's nowhere near as clever as it likes to think, *Vantage Point* for a *Rashomon*-style structure in which multiple viewpoints of the same incident are assembled to reveal the whole picture.

The US president (William Hurt) is the subject of an assassination attempt while visiting Spain but the truth of the incident only emerges when a secret service man (Dennis Quaid), a tourist (Forest Whitaker) and several others put their individual pieces together.

The problem is, the film-makers pretty much cheat their audience as they constantly reset the clock to replay the fateful event over and over, holding back the key witnesses until the very end and then losing it completely by deciding to throw in a climactic and unnecessarily showy car chase. Slick but soulless stuff.

Star rating: ★★

★★★★★ unmissable ★★★★★ very good ★★★ good ★★ fair ★ don't bother

Jim Tanfield and Chris Moss

outfits, has managed to secure the services of SOAD fretman Daron Malakian for this side project. His inclusion has given it a hint of Armenian folk, believe it or not. But truly, this is metal, undoubtedly and unashamedly. It's good, but not as good as SOAD.

LOVE IS NOISE

The Verve (single, Parlophone)

One assumes Richard Ashcroft has found himself down to his last few million, given the acrimony involved with The Verve's split. Still, if Take That can do it, then why the hell not? And so we get the first single from the Wigan miserabilists since 1998's *Sonnet*. As anthemic as ever, one suspects it's been written and arranged with radio airplay (and royalties) in mind.

LOSE MY COOL

Jeremy Warmesley (single, Transgressive)

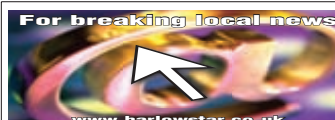
His name may conjure up images of some portly QC

with a penchant for fine sherry and a private school education, but Jez moonlights as a underground multi-tasking maestro, exhibiting a pronounced, unapologetic love of classic pop but giving it a clean-cut electronic sheen. Impeccably self-produced right down to the minutiae, Mr Warmesley amply demonstrates that he's got so much more to offer than being just another knob-twiddling wannabe with an eye on the charts.

HEADLOCK

Esser (download-only single, Transgressive)

Hip young gunslinger Esser is the latest addition to über-trendy label Transgressive (home of Foals, The Young Knives and other exceedingly talented young upstarts), and with his skewed, one-man take on bizarre, off-kilter pop à la Beck, he's a most welcome addition indeed. Like nothing else you're likely to hear this year, this warped troubadour has managed to reinvent the love song as a masterful pop-punk mash-up for the digital age.



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X-FILES: I WANT TO BELIEVE (15)
18:15, 20:45

MAMMA MIA! (PG)
14:15, 17:00, 20:00

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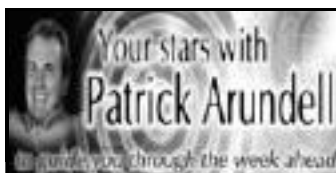
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Aries Mar 21-Apr 20

Jupiter is the planet in the news this week. This, the largest member of our solar system, ends a backward drag, forges a great angle to the Sun but also squabbles with three planets lined up in your relating zone. Your enthusiasm can be infectious, but when it comes to people who are powerful or in charge, stay aware of what they expect of you Aries. Call me now for your in-depth forecast.

Taurus Apr 21-May 21

Someone can seem so very attractive but in this haze of sultry fascination you may overlook that you and they are very different, in some key but important ways. That's not to say you should drop your interest, simply that you should be realistic. If there are other mutual areas that can grow over time, these initial corners of difficulty may be overcome. Call me now for your love scope in full.

Gemini May 22-Jun 21

Your personality can shine out, but what could see you stumble is a family difficulty or because you find yourself caught between two friends who are at odds. In terms of your own hopes and aspirations, you can feel jollier than for many a Moon. Business and property matters can also pick up. If you need to get something moving, you certainly can. Call me now for more astral advice.

Cancer Jun 22-Jul 23

People see you as being a natural around the emotional sphere Cancer, but that doesn't mean everything always goes exactly to plan. This week is a point in case. You can be very optimistic about one new involvement and yet an existing tie can suffer if you're unwilling to look at some important issues or try to fob off the other person's point of view. Call me now for your in-depth forecast.

Leo Jul 24-Aug 23

This can be a good week for communication and career prospects, fortune can drop too, but all this requires you to measure every single word. If you're attending an interview, you're likely to be able to articulate your skills and experiences succinctly. But if this goes from competent confidence, to gushing, don't be tempted to embellish your background. Call your prediction line for more.

Virgo Aug 24-Sept 23

You can power forwards and sense you're on a roll. This could also see you inclined to be a little more extravagant. The home can be an area you want to lavish money on or perhaps you'll spoil your significant half or someone new you meet. If you want to increase your earnings, something that's part-time, flexible or home-based could all appeal. Call now for your financial forecast.

Libra Sept 24-Oct 23

Are you sometimes overly attuned to the reactions of others? If so, in some ways this would be a good thing, whilst in others perhaps you should show less deference. Yet a careless comment could lead someone to think that you're insensitive but should you be fearful of offending people? Balance your growing new energy with canny perceptive tact. Call me now for more news and advice.

Scorpio Oct 24-Nov 22

On the face of it, things can seem bright and breezy. A long held hope can show signs of shaping up and one group of friends can lift your spirits. However, an interesting offer can almost create a dilemma. Don't ignore your deeper instincts in making a final decision because whilst you may want to be daring, underlying issues do need considering. Call your special prediction line for more.

Sagittarius Nov 23-Dec 21

People who tend to have a narrow view of life can prove exasperating. You're aware that you need to play life's games and meet everyday expectations, but you may muse why should you do this in your personal life? But then who's setting the rules here, for there's a risk that you'll rebel against others' expectations and yet want to force yours on them. Call me now for more news and astral advice.

Capricorn Dec 22-Jan 20

Redouble your efforts to expand your world. Travel can feature but this could be linked to - out of routine work role. Talks with a big organisation can also figure but for now this fact may have to stay under wraps. Yet an emotional issue should be kept in perspective. Remind yourself, that from time to time it's only natural to feel vulnerable. Call me now for your in-depth forecast.

Aquarius Jan 21-Feb 19

This is a week to break rigid habits. These could include those things that you've clung on to for longer than you can care to remember - out of routine as much as anything. Some doors may also be closing in your world but others can spring open. Anything that utilises your natural psychology skills or sees you interacting with unusual cultures can help you grow. Call now for more advice.

Pisces Feb 20-Mar 20

You can find yourself really admiring someone and with partnerships having been the hot topic the last few years, you could still be searching for the perfect fit. Indeed be it in business or personally, you can have some interesting conversations, but it's not what people say that counts as much as what they really mean. Stay attuned to this fact Pisces. Call me now for your love scope in full.

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37YR old female, 5ft 2ins, single, seeks special male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 331454

GENUINE kind 58yr old blonde, likes meals out, cosy nights in, seeks honest male, 55-65 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 312804

50YR old black female, divorced, genuine, soft spoken, seeks caring male, 45-50 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 330698

ATTRACTIVE curvy female, 50, new to area, N/S, GSOH, seeks tall, solvent gent for friendship, maybe more. Tel No: 0905 436 0516 Box No: 302827

WIDOW late 60s, 5ft 5ins, slim, fit, romantic, tactile, loving, likes theatre, walks, countryside, wildlife, rugby, seeks loving man for genuine relationship. Tel No: 0905 436 0516 Box No: 325306

CUDDLY female, 31, likes nights in, fun nights out, easygoing, kind, blonde, blue eyes, seeks male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 309502

SLIM very tactile, petite, professional female, fabulous red hair, seeks tall male for fun, friendship and TLC. Tel No: 0905 436 0516 Box No: 323496

ATTRACTIVE lady, outgoing, educated, GSOH, likes music, seeks N/S male up to 60 for LTR. Tel No: 0905 436 0516 Box No: 318882

NAUGHTY bubbly blue eyed blonde, seeking nice guy for fun times. Maybe more. Tel No: 0905 436 0516 Box No: 323474

ATTRACTIVE female, 62, likes dancing, cinema, pubs, meals out, seeks loving, caring, sharing, honest male to share life with. Tel No: 0905 436 0516 Box No: 311646

STUNNING slim, voluptuous intelligent, confident woman, 43 seeks very confident, intelligent and tactile man 35-50 for passionate, monogamous relationship. Tel No: 0905 436 0516 Box No: 301784

ATTRACTIVE mixed race female, long dark hair, green eyes, slim, single, seeks someone honest, reliable, romantic, caring, attractive, tall male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 318438

BEAUTIFUL tall, athletic brunette seeks tall, trim male for an energetic relationship. Are you man enough? Tel No: 0905 436 0516 Box No: 323470

ATTRACTIVE female, 42, brunette, green eyes, slim, GSOH, seeks genuine male with GSOH for friendship, maybe more. Tel No: 0905 436 0516 Box No: 297410

LAIDBACK lovely brunette, late 40s, seeks special genuine male for LTR. Tel No: 0905 436 0516 Box No: 312448

STUNNING mature female, slim build seeking trustworthy male for discreet fun. Tel No: 0905 436 0516 Box No: 323506

ATTRACTIVE lady, 42, blonde hair, blue eyes, medium build, genuine, affectionate, GSOH, seeks warm hearted male for loving relationship. Tel No: 0905 436 0516 Box No: 290248

IMAGINATIVE stylish female, WLM intelligent romantic male to liven up those bored lonely evenings. Tel No: 0905 436 0516 Box No: 323508

ATTRACTIVE blonde female, blue eyes, genuine, fun loving, seeks male with GSOH for fun times. Tel No: 0905 436 0516 Box No: 296582

ATTRACTIVE warm, friendly female, young 70s, great personality, seeks similar male for meals out, maybe more. Tel No: 0905 436 0516 Box No: 310774

38YR old fun loving Leo, likes meals out, cinema, travel, walks, seeks male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 310774

FEMALE 34, blonde hair, blue eyes, seeks male, 35-45 for love and romance. Tel No: 0905 436 0516 Box No: 271646

YASMINE 29, Cuban, size 16, seeks male, 25-30 for fun, friendship, maybe more. Tel No: 0905 436 0516 Box No: 305342

PETITE attractive 60yr old blonde, seeks company of a guy who enjoys life to the full. Tel No: 0905 436 0516 Box No: 301557

ATTRACTIVE petite widow, 64, likes music, walks, seeks young at heart male, 64-72. Tel No: 0905 436 0516 Box No: 285992

BEAUTY and brains! 44yr old attractive, ambitious female, seeks kind, caring guy to share life with. Tel No: 0905 436 0516 Box No: 257085

SEXY black lady, seeks male, any age for romance. Tel No: 0905 436 0516 Box No: 263846

LUCY 27, black, beautiful, single mum, seeks white guy, 50s for fun and friendship. Tel No: 0905 436 0516 Box No: 251936

ATTRACTIVE single mum, 21, seeks male for fun times, maybe more. Tel No: 0905 436 0516 Box No: 270022

ATTRACTIVE outgoing, sensual, petite blonde, seeks fit, caring, reliable, N/S male between 35-45 for fun times, maybe more. Tel No: 0905 436 0516 Box No: 251965

FEMALE 29, seeks male, 30-45 for fun times. Tel No: 0905 436 0516 Box No: 233352

1944 model, blonde, good running order, likes travel, car boots, walking, reading, days out, seeks similar guy for LTR. Tel No: 0905 436 0516 Box No: 319246

FEMALE 25, lively, talkative, confident, likes gigs, meals out, pubs, days out, seeks male, 24-32 for friendship. Tel No: 0905 436 0516 Box No: 322268

ATTRACTIVE female, black origin, tall, genuine, fun, seeks male, 38-55 for love and friendship. Tel No: 0905 436 0516 Box No: 322144

HONEST caring, attractive female, 37, black, 5ft 2ins, likes nights in/out, seeks similar male, 37-45 for friendship. Tel No: 0905 436 0516 Box No: 320296

MELANIE 44, single mum, easygoing, likes meals out, walks, cinema, bowling, seeks male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 318410

MICHAELA 43, 5ft 7ins, brown hair/eyes, buxom, likes reading, films, animals, seeks male with similar interests for friendship, maybe more. Tel No: 0905 436 0516 Box No: 313036

FEMALE late 40s, slim, brown eyes, 5ft 5ins, seeks fun loving, slim gent with GSOH, full head of hair for friendship, maybe more. Tel No: 0905 436 0516 Box No: 312602

SINGLE mum, 38, 5ft 8ins, smoker, GSOH likes tattoos, seeks male, 39-45 for LTR. Tel No: 0905 436 0516 Box No: 311450

KATHLEEN 40, 5ft 7ins, size 18, brown eyes, likes gym, pubs, reading, walking, seeks male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 327828

JOSIE 55, single mum, 5ft 4ins, smoker, brown hair/eyes, likes music, nights in/out, seeks similar aged male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 327560

HEAD strong, Amazonia lady, 40s, seeks slender, passive/aggressive male who won't get in the way. Likes cats, dislikes spears. Tel No: 0905 436 0516 Box No: 327416

BUBBLY young 47yr old attractive single mum, Mediterranean looking, seeks sincere, loving, handsome male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 325698

ATTRACTIVE 69yr old widow, 5ft 5ins, plump, attractive, well spoken, likes most things, seeks male for companionship. Tel No: 0905 436 0516 Box No: 309882

40YR old nice lady, N/S, GSOH, likes pubs, meals out, seeks genuine, kind, caring male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 309610

GENUINE female, attractive, 39, brown hair/eyes, slim, 5ft 7ins, seeks 6ft, N/S, kind, caring, romantic male, 30-43. Tel No: 0905 436 0516 Box No: 308946

PROFESSIONAL lady, 59, likes music, reading, walks, meals out, seeks male for fun times, maybe more. Tel No: 0905 436 0516 Box No: 308434

25YR old single mum, likes clubs, pubs, cinema, bowling, seeks genuine, hardworking male, 25-35 for LTR. Tel No: 0905 436 0516 Box No: 262497

HONEST sincere, romantic 43yr old female, GSOH, attractive, 5ft 6ins, blonde hair, size 16, seeks similar male for LTR. Tel No: 0905 436 0516 Box No: 307180

LADY 64, medium build, GSOH, likes most things, seeks tall gent, 60-65 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 307070

TALL attractive, confident widow, seeks intelligent, tall, N/S male, 55-65 to share life's pleasures. Tel No: 0905 436 0516 Box No: 306342

YOUNG female, early 60s, attractive, caring, likes countryside, seeks genuine male for LTR. Tel No: 0905 436 0516 Box No: 302228

35YR old single mum, black, seeks male, 43-47 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 302078

YOUNG 45yr old female, slim, dark hair, blue eyes, GSOH, likes motor bikes, rock music, travel, seeks similar male. Tel No: 0905 436 0516 Box No: 300893

64YR old widow, 5ft 4ins, medium build, GSOH, seeks tall, genuine male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 301298

THOUGHTFUL kind, shy, attractive, smiley 41yr old Cancerian, seeks male for talks, walks and soul mate friendship. Tel No: 0905 436 0516 Box No: 299862

FEMALE 46, N/S, attractive, seeks genuine, honest male up to 52 to enjoy life with. Tel No: 0905 436 0516 Box No: 299302

ATTRACTIVE genuine 50s lady, likes walks, meals out, seeks genuine, N/S male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 298326

FEMALE 59, 5ft 4ins, slim-medium build, fair hair, blue eyes, GSOH, likes most things, seeks male for friendship/companionship. Tel No: 0905 436 0516 Box No: 298424

SARAH 45, black, professional, curly, likes countryside, cinema, theatre, travel, seeks sincere, mature male for LTR. Tel No: 0905 436 0516 Box No: 288410

SEXY brown skinned female, petite, brown hair/eyes, career minded, seeks male, 30-36. Tel No: 0905 436 0516 Box No: 288394

PRETTY petite female, 50s, young looking, 5ft 6ins, dark hair, seeks intelligent, mature English gent for friendship, maybe more. Tel No: 0905 436 0516 Box No: 285150

MATURE black female, 48, seeks intelligent, mature English gent for friendship, maybe more. Tel No: 0905 436 0516 Box No: 282880

ATTRACTIVE 40 something friendly female, brown hair, N/S, seeks similar male. Please call. Tel No: 0905 436 0516 Box No: 282526

FEMALE 40s, honest, genuine, loving, seeks similar guy for nice times and company. Tel No: 0905 436 0516 Box No: 282512

ATTRACTIVE slim female, 39, green eyes, blond hair, seeks male, 39-48 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 282442

20YR old female, 5ft 6ins, black, attractive, GSOH, sincere, seeks fun, white male for friendship, maybe more. Tel No: 0905 436 0516 Box No: 279460

FEMALE 37, 5ft 7ins, medium build, black hair, blue eyes, GSOH, fun loving, seeks male, 37-45 for nights in/out, possible romance. Tel No: 0905 436 0516 Box No: 277274

CAROLINE like horses, walks, nights in, seeks male, 45 plus with similar interests for friendship, maybe more. Tel No: 0905 436 0516 Box No: 270710

ATTRACTIVE curvy blonde, 43, 5ft 11ins, seeks 6ft plus, N/S male with positive outlook for LTR. Tel No: 0905 436 0516 Box No: 269170

SLIM blonde female, likes bowling, cinema, meals out, football, seeks slim, attractive male, 55-62 with GSOH. Tel No: 0905 436 0516 Box No: 264026

FEMALE 50, seeks honest, kind, romantic soul mate, 50 plus with GSOH for friendship, maybe more. Tel No: 0905 436 0516 Box No: 262325

BLACK single mum, 32, size 12, 5ft 5ins, seeks honest, N/S male, 30-42 with GSOH for friendship/relationship. Tel No: 0905 436 0516 Box No: 259183

SYLVIA 52, divorced, 5ft 6ins, medium build, brown hair, seeks similar aged, loving, affectionate, honest, trustworthy guy for friendship, maybe more. Tel No: 0905 436 0516 Box No: 258368

SLIM blue eyed blonde, N/S, likes bowling, cinema, meals out, seeks slim, attractive male with GSOH. Tel No: 0905 436 0516 Box No: 258249

ATTRACTIVE 46yr old blonde, easygoing, friendly, likes pubs, meals out, seeks kind, caring male, 42-52 for genuine relationship. Tel No: 0905 436 0516 Box No: 260283

YOUTHFUL 59yr old female, tall, slim, fit, active, seeks likeminded, caring male to share life with. Tel No: 0905 436 0516 Box No: 258235

JOSIE 54, widow, likes gardening, walks, seeks gent for friendship, maybe more. Tel No: 0905 436 0516 Box No: 257847

GOOD looking, blue eyed 60s model, seeks genuine guy for friendly relationship and intimate times. Tel No: 0905 436 0516 Box No: 256914

5FT 9ins female, likes nights in, gardening, pets, seeks male for LTR. Tel No: 0905 436 0516 Box No: 238728

ATTRACTIVE 50yr old female, widow, 5ft 6ins, slim, seeks male, 49-58 for friendship, maybe more. Tel No: 0905 436 0516 Box No: 256528

GEORGIANA 60, widow, active, 5ft 4ins, slim, likes sports, music, meals out, seeks male, 67-74 with GSOH and similar interests. Tel No: 0905 436 0516 Box No: 255405

ATTRACTIVE widow, blonde, early 60s, young looking, seeks N/S male, loving male, 45-50 for friendship and fun. Tel No: 0905 436 0516 Box No: 261637

FEMALE seeks fun loving male for romantic times and nights out. Tel No: 0905 436 0516 Box No: 261267

ATTRACTIVE slim, young looking female, 70, likes most things, seeks tall, romantic, caring male for friendship and more. Tel No: 0905 436 0516 Box No: 243544

ELEANOR 43, bubbly, outgoing, size 16, brown hair, likes nights out, socialising, shopping, cooking, seeks male, 25-43. Tel No: 0905 436 0516 Box No: 244838

ATTRACTIVE male nurse, 38, 6ft 1ins, strong, medium build, honest, loving, seeks friendly minded female for LTR. Age/build unimportant. Tel No: 0905 436 0516 Box No: 309930

ROBERT 48, single dad, brown hair, green eyes, cinema, theatre, walks, bowling, GSOH, seeks female for friendship, maybe more. Tel No: 0905 436 0516 Box No: 302767

34YR fit bi male, seeks male for fun times. Tel No: 0905 436 0516 Box No: 257532

Young looking gay male, 60, likes pubs, walks, clubs, seeks similar male, any age. Tel No: 0905 436 0516 Box No: 302767

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LONELY male, seeks special female for friendship, maybe more. Tel No: 0905 436 0516 Box No: 302837

OVERWEIGHT unattractive male, 48, no sense of humour or charisma, seeks tolerant, attractive female to sort him out. Tel No: 0905 436 0516 Box No: 302799

STEVE 30, likes meals out, walks, seeks female, 30-40 for romance and love. Tel No: 0905 436 0516 Box No: 331632

WILL 23, attractive, likes nights out, rugby, seeks female for LTR. Tel No: 0905 436 0516 Box No: 284804

CUTE male, 43, 6ft, slim, N/S, thoughtful, honest, caring, likes tennis, walks, seeks female to travel companion for friendship/LTR. Tel No: 0905 436 0516 Box No: 331690

MAX 30, 5ft 7ins, fit, brown hair, green/blue eyes, seeks female for fun and friendship. Tel No: 0905 436 0516 Box No: 331570

NICE boyfriend! Handsome 49yr old guy, shaved head, medium build, trendy, likes countryside, cycling, travel, seeks slim, attractive, N/S female to compliment our lives. Tel No: 0905 436 0516 Box No: 331238

STEVEN 40, uncomplicated, romantic, loyal, 5ft 6ins, blue eyes, blonde hair, likes countryside, pubs, golf, seeks loving female for friendship, maybe more. Tel No: 0905 436 0516 Box No: 330346

ROD 65, N/S, 6ft, brown eyes, OHAC, likes gardening, football, walks, theatre, meals out, holidays, seeks N/S, 60 plus for friendship, maybe more. Tel No: 0905 436 0516 Box No: 285436

MARK 48, Canadian, recently widowed, seeks someone honest, genuine who enjoys music, dancing, reading, walking, for LTR/marriage. Tel No: 0905 436 0516 Box No: 325762

HONEST genuine, reliable guy, young 60, attractive, 6ft, medium build, many interests, seeks genuine, attractive female for friendship plus. Tel No: 0905 436 0516 Box No: 325210

PROFESSIONAL male, 44, handsome, muscular, blue eyes, seeks attractive female for relationship. Tel No: 0905 436 0516 Box No: 253551

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Mind
Body
and Soul



JODIE MARSH
Real age: 29
Skin age: 37



BIANCA GASCOIGNE
Real age: 21
Skin age: 21



CHARLOTTE MEARS
Real age: 23
Skin age: 25



KATE GARRAWAY
Real age: 41
Skin age: 39



IMOGEN THOMAS
Real age: 25
Skin age: 32

Save your skin!

NEVER mind blue skies and warm days - the surest sign that summer's arrived is the flurry of photos of glamorous celebrities sunning themselves on beaches and sporting golden tans.

It probably inspires 'wish we could look like that' envy in most of us, but baring all to get that enviable glow can come at a damaging price, even if you're famous.

The UV light from the sun's no respecter of status - and scientists and health experts believe those rays are responsible for about 80 per cent of our visible ageing, and can even trigger life threatening skin cancer.

This summer, singer and X Factor winner Leona Lewis is heading a campaign by the Teenage Cancer Trust, supported by Superdrug, to encourage young people to 'Shun Bum'.

Leona, 21, who uses fake tan, sun protection and would never use a sunbed, admits: "I did get burnt when I was younger, as I assumed wrongly because I'm mixed race that I couldn't burn.

"The family photos are so embarrassing because I'm the bright red one in the middle! It just goes to prove that anyone can get burnt."

The star's cousin died of cancer and she says: "I'm encouraging teenagers to realise that whether you're in the UK or abroad, it's vital to cover up and use a sun cream with an SPF of 30 or above. It's time to respect your skin."

FIVE other celebrities took up a challenge to find out what effect tanning had wreaked on their skin - and were shocked by the results.

Glamour girls Jodie Marsh and ex-Presdalian Bianca Gascoigne, model and former Cuffley resident Charlotte Mears, GMTV's Kate Garraway and Big Brother 7's Imogen Thomas agreed to have their pictures taken with a special camera to expose sun damage.

Their faces were read by the Beau Visage skin imaging system, in aid of Cancer Research UK.

The machinery looked 2mm under the skin's surface, painting a picture of what the stars will look like unless they take prompt action.

JODIE MARSH

Glamour model.
Real age: 29. Skin age: 37.

Jodie describes the result of having skin eight years older than her age as "horrifying."

She says: "I have to live with my face and every day I stress about it. I'm definitely worried about ageing. This has really made me think."

KATE GARRAWAY

TV presenter, GMTV.
Real age: 41. Skin age: 39.
The positive result demonstrated her conscientious approach

to protecting her skin from the sun and she's relieved that she only used a sunbed once, when at college.

IMOGEN THOMAS

Former Miss Wales and Big Brother 7 contestant. Real age: 25. Skin age: 32.
She describes a result that shows her skin seven years older than her age as "shocking!"

"I'm glad I've done this because now it will make me a lot more cautious. It's taught me a lesson and I'm definitely going to wear a higher SPF now."

CHARLOTTE MEARS

Model. Real age: 23. Skin age: 25.
She was relieved by the skin result which was two years older than her real age.
"When it's summer I do get myself out in the sun but I am a lot more careful now. You just wise up."

BIANCA GASCOIGNE

Model and former contestant on TV's Love Island. Real age: 21. Skin age: 21.

She's pleased her skin matches her age but reveals: "I don't really look after myself as I should". After the result, she's promised to use a higher factor for her face, but can't decide about sunbeds.



A new Mole Check service is being offered at selected Tesco Pharmacies, starting from £25 up to £65, offering immediate results unless a specialist opinion is required.

Superdrug (www.superdrug.com) is also expanding its Mole Clinic service.

Actress Patsy Palmer, 36, above, currently starring in *EastEnders*, who's used one of its clinics, says: "I'd advise everyone to get their moles checked for signs of skin cancer, especially if you have fair skin and freckles like me."

"While I've always been careful in the sun, I did discover a worrying looking mole a few years ago. It turned out to be harmless, but I now have regular checks at The Mole Clinic as early detection is vital. Their service is easy, quick, sympathetic and professional." As well as The Mole Clinic in London the service operates in 22 Superdrug branches throughout the UK.

A full mole check costs £115. For your nearest Mole Clinic visit www.themoleclinic.co.uk or call 020 7734 1177.

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You're fantastic – you've just got to believe it!

As you're probably only too aware, our confidence and self esteem are very variable - more of a wavy line than a straight line. Some days we feel we could conquer the world and other days we just want to hide under the duvet!

We can miss opportunities because we allow fear and self doubt to get in the way. We undermine our confidence by taking things too personally and by trying to second guess what others think of us. I love the phrase: "What you think of me is none of my business!"

And Eleanor Roosevelt famously said: "No one can make you feel inferior without your permission."

Why should someone else's opinion of you matter to you more than your own opinion of yourself? I'd like you to really think about this.

Remember - people take us at our own face value. Other people will treat us the way that we expect and allow ourselves to be treated. True confidence stems from within and relies on high self esteem. When it comes to confidence, the most important relationship is the one we have with ourselves.

LIMITING BELIEFS

Many of us have some limiting beliefs which undermine our confidence, but once we notice them and challenge them, we can decide that it's time to let them go. Try the following exercise:

Make a list of your limiting beliefs - for instance any statements that begin with words like: "I could never", or "I'm too old, too young, not clever enough, not rich enough, not good enough..." etc.

Now look at the list again and reframe these ideas. For each item listed, ask yourself if it's really true. What else

could be true instead? What, specifically, do you want to be true instead? How can you start to make that happen? Most of us underestimate the power of our own thoughts. Many of us have inner "self talk" that is extremely critical of ourselves. Think about it - would you talk to a good friend the way you sometimes talk to, and about, yourself? Are you a kind, supportive, nurturing friend to yourself or are you sometimes your own worst enemy?

AFFIRMATIONS

Affirmations can be a really great tool in strengthening self belief because our brains can really only hold one thought at a time properly. Affirmations are a great way to defuse our negative self talk. So, what are the rules for powerful affirmations? Well, first of all they need to be stated in the first person: "I". Secondly, they need to be stated in the present tense, "I am" or "I have" as if they were already accomplished, not set at some point in the future.

A very good source of powerful affirmations is Louise Hay's work. She's the best-selling author of "You Can Heal Your Life" and "The Power is Within You."

ACKNOWLEDGE YOUR TALENTS AND GIFTS

Here's another confidence boosting exercise for you to try: List 100 of your personal and professional achievements. This is no time to be shy - acknowledge your own talents and gifts. Don't underestimate anything. If you passed your driving test first time, put that down. List successful interviews, promotions and prizes. Record instances where you got out of your comfort zones. Perhaps it was travelling alone, hosting your first dinner party, stopping smoking, learning a language, learning to salsa dance,

making a speech, influencing others...put everything down.

Add new things as they happen in your life. Make it a habit to capture your successes in an achievements log. Reading this list from time to time will be a great confidence booster.

THE TRAP OF PERFECTIONISM

Being a perfectionist can be a way to avoid taking risks and getting out of your comfort zones. But staying safe can take a huge toll on the quality of your life and in the long run does nothing for your confidence. Remember, it's OK to make mistakes. Some of our most important learning comes through making mistakes. Indeed, it could be argued that if we never make any mistakes, we are not developing or growing. And remember to reward yourself for effort, not just for results. Give yourself a pat on the back. Don't wait for validation from "out there". Do it for yourself.

TAKE ACTION!

One of the most effective things you can do to boost your confidence is to take action! "Analysis paralysis" can be zapped by simply blasting through it and doing something to get off dead centre.

It can be a small thing like doing one of the action steps on your to do list, or it can be a big thing, like applying for a new job. Taking action gives you a feeling of control. When you feel in control of your situation, you are inspired to do more as a result, so you feel stronger and much more capable and confident. Being decisive, taking action and moving forward with your life is the most effective way to build your confidence.

Confidence boosters

When your confidence wobbles, "act as if."

Tell yourself you feel confident; change your posture to a confident stance; use your vocal power to convey confidence and authority. If you look the part, sound the part and act the part, before you know it, the confidence will follow.

Set up your day in advance and visualise everything going well.

Accentuate the positive. Concentrate on what's going well.

Remember a time when you felt full of confidence and self belief. Really feel how you felt then - visualise the whole situation in vivid Technicolor. Reconnect with how powerful you felt. Find an "anchor" so that you can access that feeling when you need it.

Take the first step towards an important goal. Action inspires confidence!

Minimise the time you spend worrying about things that may never happen!

Listen to your "raving fans."

Trust your intuition.

Spend time with people who make you feel good about yourself - avoid negative or highly critical people wherever possible.

Get the information or training you need to feel confident in new situations.

Do your planning and preparation thoroughly. This way you'll always know you've done your best.



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S-moo-the your skin with Udderly quirky new cream

UDDERLY Smooth Foot Cream is here, and it is causing a stir! Why? Because it is greaseless and stainless!

Plus, it has added shea butter - excellent to soothe exposed summer feet.

As one of the USA's top selling moisturising creams, Udderly Smooth should not be overlooked.

Its soothing qualities have helped many people overcome the irritation of skin conditions (eczema, psoriasis, hand and foot syndrome caused by chemotherapy) and others have found it to be a great alternative

to day-to-day moisturisers. Its unique branding also makes it an ideal gift.

Udderly Smooth offers four products: Hand Cream, Hand & Body Lotion, Foot Cream with Shea Butter and the new Chamois Cream for cyclists. There is also a cow skin-themed pump lid available - making it ideal for desktop or dressing table!

All the Udderly Smooth products come in quirky cow print packaging - check them out at www.udderlysmooth.co.uk



The power of three for your face

AFTER food, water and sleep, your cleansing routine should be up there with your daily essentials.

Whether you wear a full face of make-up or prefer the au naturel look, cleansing is an essential part of looking after our skin.

Sisley skin consultant, Victoria Levitskaya, says: "We all need to cleanse, tone and moisturise once in the evening, and exfoliate once a week."

Follow the rules of a super-thorough cleansing routine seven days a week, 365 days a year, and you could end up wasting valuable beauty sleep stuck in the bathroom. So strike a happy medium and stick to the basics.

Forget counting sheep - the phrase we should all repeat before bedtime is the famous beauty mantra of 'cleanse, tone and moisturise'.

GOODBYE GRIME!

"Go for a cleansing milk or cream if you like to see the removal results on a cotton wool pad, or use a mousse if you prefer the idea of 'washing off' your make-up," says Victoria.

TONE TACTICS!

"Many people tend to miss out toning from their routines but it's important. Toner removes traces of make-up cleansing leaves behind and hydrates the skin." Opt for toner without alcohol if you have dry/sensitive skin.

MOISTURISE MODE!

"Moisturise twice a day, morning and evening," Victoria advises. "Choose a hydrating moisturiser for overnight, but your daytime moisturiser should include sun protection - even if it's raining outside."



Britons want to turn back the clock

COSMETIC surgery has become so acceptable that Britons spend more on nips and tucks than on cups of tea.

Our quest for physical perfection led us to spend £650m last year on procedures, according to analysts Mintel.

Louise Braham, development director of the Harley Medical Group says "People want to turn the clock back and they're happy to opt for cheaper fixes such as quick, easy non-surgical procedures, like Botox, which don't involve recovery time."

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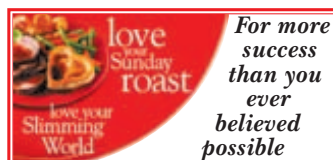
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Reporting for Civic duty

RADICALLY improving a car is relatively easy. Changing public perception is a whole different matter.

Honda is in the process of repositioning itself from a commodity manufacturer to one whose products are a notch or two above the mainstream. That's the aspiration at least, but while the products are all falling into place nicely, is the brand strong enough to sustain this premium approach?

We asked some sample customers whether they thought our long-term Civic 2.2 i-CTDi held its own against typical premium rivals.

Even as recently as four years ago, if asked to name the Civic's rivals, anybody in the know would have identified cars such as the Ford Focus, Peugeot 307, Toyota Corolla and Renault Megane. It was only with the launch of the latest Accord in 2002 that it became apparent that Honda was looking for bigger fish to fry.

This car marked a departure from the company's previous mainstream approach. When the sixth-generation Accord was launched, the reedy, rather two-dimensional feel of previous Accord models was consigned to history. Honda had built a heavyweight contender.

In order to reinforce the premium feel, Honda ditched the budget engines, giving the Accord a heftier lead-in price than mainstream offerings. The fact that the 2.0-litre and 2.4-litre models were still much the same price as an equivalent Vectra or Mondeo was by the by. The seed was sown in the public's mind that the Accord was a more prestigious piece of machinery. This groundwork is paying off with the Civic. Buoyed by a

By **ANDY ENRIGHT**
star@hertsessexnews.co.uk

series of highly acclaimed advertisements charged with building Honda's brand recognition, the Civic is a far more radical proposition than the Accord and, as such, marked a real gamble on Honda's part. Given that the average Civic buyer was well into their 40s prior to the introduction of the latest model, the adventurous styling ran the risk of alienating existing customers.

In order to achieve its ends, Honda was willing to take those odds — and so far, the results are promising.

The Civic petrol was the biggest retail seller in its category in February 2006, yet residual values remained strong. The retail sector is always an important indicator of a car's relative desirability and the Civic had passed its first test. The acid test was whether company car user choosers who had the choice of a Honda, an Audi or a Golf would turn their back on the Vaterland.

Status counts for a lot here. Company car buyers have traditionally valued brand equity, often favouring base models of premium brands over well-equipped mainstream alternatives. One only has to look at the rise in sales of compact executive models over traditional company fare like Mondeos, 407s and Vectras to see what Honda is up against.

In 1996 this sector of the market accounted for 24.6 per cent of UK sales. By 2005 it had shrunk to just 17.5 per cent. Ford built half as many Mondeos in 2005 as it did as recently as 2001. These days, the BMW 3 Series outsells the Vauxhall Vectra and cars like the VW Passat and Audi A4 register more sales than the Peugeot 407 or the Renault

HONDA CIVIC i-CTDi RANGE



Insurance group
10-11

CO₂ emissions

135-140g/km

Performance

0-60mph 8.6s / max 127mph

Fuel consumption (1.6 110)

(combined) 55.4mpg

Standard safety features

Twin front, side and curtain airbags, ABS, VSA

Size l/w/h

4250/1760/1460mm

Price

£16,820-£19,320 on the road

Laguna. Badge equity is vital and Honda still has some work to do.

We interviewed a focus group of six owners who had either bought VW Golfs and Audi A3s privately or selected them as company cars. The aim was to discover whether they felt the Civic represented a viable alternative.

All were impressed by the car's innovation, the fact that it offered more equipment for the money and, surprisingly, that it was a better drive than their Golf or A3.

Some experts have carped about the fact that the Civic has reverted to a torsion beam rear suspension from a fully-independent system, complaining that this is a retrograde engineering step given Honda's technical acumen, but none of our target group complained about this. In fact, all but one of the respondents felt the Civic's ride and handling to be superior to the German

cars. It certainly trumps them for value for money. If you've been granted a £20,000 budget, it's not going to get a whole lot of Audi A3 diesel. The 1.9-litre engine is too old and rough to bother with and the only 2.0-litre option under the budget is the base model.

With the same 138bhp power output as the Honda, you'll have to live without the dual zone climate control, the refrigerated glove box, cruise control, rain-sensing wipers, front foglights, DVD sat nav and even something as basic as a stereo that plays CDs is extra.

By contrast, a Civic 2.2 i-CTDi EX includes all this kit. You'll even be able to specify the optional leather interior, panoramic glass roof and metallic paint and still get change from £20,000.

It's worth making the point, however, that the most unreconstructed badge snobs will drive around in a car as poorly appointed as a Bulgarian thrift store if the insignia on the front

is right.

That's Honda's challenge and the signs are it's winning the battle.

After a drive in our well-specified Civic, four of the six respondents reckoned they would choose Honda next time over their German alternative.

One would never budge, feeling that, if anything, he was looking to trade up to a Mercedes or a BMW, while the other was undecided and professed to know little about cars.

This is a real factor. Many customers choose the German brands because they're afraid of making what might be perceived as the 'wrong' buying decision among peers and, lacking in-depth product knowledge, plump for the safe option.

If Honda can get potential customers into Civics, it'll convert them to sales. The product speaks for itself. Where the challenge lies is in getting typical Audi and Volkswagen customers into a Honda dealership in the first instance.



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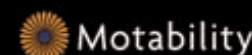
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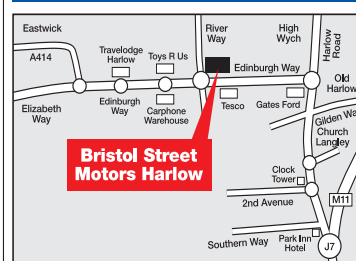
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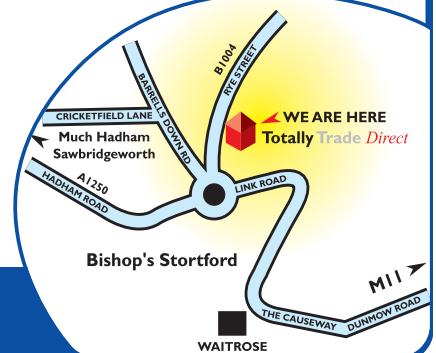
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£6,000
07801 849889
(No canvassers)

BMW 316 i

(K registration), red, MoT, tax, excellent runner, good condition

£875 ono
07970 427304

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Stepronix, leather, e/seats/w/m, remote c/l, remote stereo, a/c, cruise, CD, long MoT, service history, excellent condition, £1,095. 01279 443227. (T)

BMW 325i AUTO, 1986, 4-door, blue, only 63,000 miles, 4 owners, MoT, good condition, £899. 01279 869320.

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2001 (51), 5-door, metallic blue, e/w, PAS, remote c/l, sunroof, tax, MoT, airbag, low mileage, lady owner

£1,695
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CITROEN SAXO 1.1 DESIRE

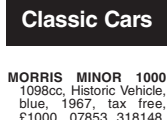
2001 (51), 5-door, metallic blue, e/w, PAS, remote c/l, sunroof, tax, MoT, airbag, low mileage, lady owner

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1098cc, Historic Vehicle, blue, 1967, tax free, £1000. 07853 318148, 01279 310542.

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2000 (X), red, MoT June 09, super condition, new tyres, Clarion CD player, 80,000 miles

£950
01763 272012

FIAT SEICENTO 1.1
tax/Mot £1,100, nice condition. 01920 822547 (T)

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1.3i, 2003 (53), cream leather interior, a/c, PAS, CD, e/w/m, r/l, 45,000 miles, front & rear heated screens, lovely car

£3,400
07771 861800


Ford Fiesta Encore

1.8 turbo diesel, (W), 5 door hatchback, metallic red, MoT Feb. Taxed end Aug. Good tyres, vgc, Cambelt changed 72,000 mls

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07725 071382

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FORD KA (T reg) years MoT, 43,000 miles, FFSH, 1 owner, Pas, immaculate condition throughout, £1,795. 07710 599298 (T)

FORD MONDEO 2.0Si (P registration), blue metallic, years MoT, vgc. £750 ono. 07956 533772.

FORD MONDEO 1600 L Reg, taxed, MoT, £400 07846 161915.

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HONDA CIVIC TYPE R

2003, Milano red, 60,000 miles, Honda FSH, one owner, leather fitted hands free kit, years MoT, immaculate

£7,495 ono
01438 359936, 07799 186830


HONDA CIVIC TYPE R GT

57 plate, Milano red, 10,000 miles, 2 years full warranty remaining

£16,250 ono
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Hyundai

HYUNDAI ACCENT 1.4 CDX 2002, 5 door, Silver, air con, power steering, alloys, tax/mot, FSH, £1,450. 07515 629698 (T).

Jaguar
JAGUAR X TYPE SE V6 2.1

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£18950ono
07931 898326


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semi auto, petrol, Feb 06 (55), warranty Feb 09, taxed Oct 31, 30,000 miles, new tyres, service history

£5,950
01279 432513 or 07973 763258


Peugeot 206 1.4 Verve

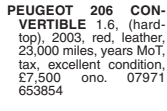
3 doors, hatchback, 55,000 miles, metallic blue, a/c, e/w, immobiliser, pas, r/l, radio/CD, fsh, MoT, tax, insurance group 4, vgc

£3,000
07974 875041.

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2005, white, low mileage, one owner, taxed, excellent condition

£3,500+vat
Gary Sando 01279 428915



PEUGEOT 206 CONVERTIBLE 1.6, (hard-top), 2003, red, leather, years MoT, taxed, excellent condition, £7,500 ono. 07971 653854

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convertible, 2,700cc, auto/tripronic, silver/black, Jan 2002, only 17,900 miles, immaculate, FSH, alarm, wind deflector

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07866 949503

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01279 420504.

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RENAULT CLIO 1.2 16V Dynamique 2003, black, 1 year MoT, FSH, a/c, alloys, 3-door, e-wind-downs, sun roof, etc, lady owner, good condition, £3,800 ono, 07903 848301


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1.6 16V SPORT 2001 (X), 68k, MET LIGHT GREEN, CD A/C, SPOILER

£1,995
07956 518157/ 01992 444866


RENAULT CLIO 1.2

2004, 3-door, silver, MoT October, taxed January, 35,000 miles, e/w, sunroof

£3,995
07989 414309.

Rover-MG

MGF 1.8i

silver, 2001, 44,000 miles, taxed, MoT June 09, alarm, alloys, CD, e/w

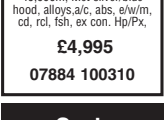
£3,000
01992 463086

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ROVER CONNOISSEUR SE 2.5 Auto

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1.4 Design

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07960 200109

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01438 217316

VAUXHALL
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£3,500 ono

01920 427430

VAUXHALL CAVALIER
2.0, 1.8V SRI, metallic red, 1994, 5-door hatchback, years MoT, VCC, £595, 01279 850880, 07896 521946 (T).

VAUXHALL TIGRA 1997,
1.4, 16V, metallic gold, years MoT, VCC, £595, 01279 850880, 07896 521946 (T).

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£7,000

07944 146724



V.W POLO TWIST

1.4, black, 54 reg, a/c, alloys, ABS, MoT Jan, tax Nov, lady owner, 13,500 miles

£5,550

01992 589924

VW POLO 1.6

M Reg, 4-dr hatchback, manual, met, green, 1000,000 miles, MoT/tax Jan 09, e/w, alloys, s/r, radio

£1,000 ono

07875 322525

Volkswagen

VW GOLF 1.6SE, 2003, gold metallic, 10,500 miles, 5-door, one owner, tax, MoT, £5,695, 078101 60850

VW PASSAT
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01920 438080

07876 506468

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01279 842098 or

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to 6 weeks holiday according to service, we also
offer a flexi hour scheme linked to low levels of
sickness, subject to qualification and we give
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If you are fit, have a good eye for detail
and a current driving licence please
apply in writing to **Mrs M Fenner** at the
following address, email to eff@eff-ware.com or phone **01920 485485** for an
application form:- Closing date for
applications **15 August 2008**.

We also have another opportunity in our **SALES
ADMIN** department.

European Flavours & Fragrances PLC
9 Peerglow Estate, Marsh Lane
Ware, Herts SG12 9QL

EFF is an **ISO9001** accredited company

Recruitment

Tel: (01279) 506406 • Fax: (01992) 526686/526687

Do you think you are the best Telesales Person in your company?

We are a young dynamic office technology company based nearby to Liverpool Street train station and as part of our continued expansion, we have a vacancy for two new telesales apprentices to work directly with the top two sales people in the company. You are likely to be the best telesales person in your current role and need the opportunity to show your true potential in an unrestricted sale earning environment. You will need to be smart, punctual, energetic and a real go-getter and in return you will receive the personal level of training and direction that will result in your OTE of £30k being achieved in your first 12 months.

Only apply if you genuinely feel that you are good enough to fit the bill!

If this is you, then call Peter Fowke on 020 7392 8466 or email CVs in confidence to pfowke@dataquestolutions.com

HERTFORD BASED COMPANY

Candidates should be able to communicate well, be enthusiastic and want to work in a small busy, friendly office environment.

ASSISTANT TO FINANCIAL CONTROLLER

£22k - £24k

This position includes processing bank entries, purchase and sales ledger invoices and performing balance sheet reconciliations. Payroll experience would be an advantage and knowledge of SAGE would be useful.

ACCOUNTS OFFICE JUNIOR £14k

This position would suit a person wishing to start work in an accounts office and who is willing to undertake a range of ad hoc work that will make the job interesting and varied.

Applications in writing to: PO Box 244, Herts & Essex Newspapers Ltd, The Media Centre, 40 Ware Road, Hertford SG13 7HU

CLOSING DATE: MONDAY 11 AUGUST 2008

HOME MANAGER

We are currently looking to recruit a Home Manager within the Essex region:

- Ashlyn Care Centre, Harlow – 60 bed Residential Home for older people

The ideal candidate will be a motivated Manager with NVQ3 and significant experience in a managerial capacity within a registered care home.

We offer an excellent salary for the right person and opportunities to develop your career. The successful candidate will be required to achieve the RMA/NVQ 4 for which the company will provide support.

For an application or further information contact Joanne King on 01480 498067 or e-mail your CV to joanne.king@excelcareholdings.com

The position is subject to enhanced disclosure. Closing date: 15th August 2008.



Ashlyn Care Centre

Ashlyn Care Centre are an Equal Opportunities Employer

FINANCIAL CONTROLLER

Required for Lumino, a professional expanding leader in designed architectural lighting. We strive for total client satisfaction and always aim to deliver with a smile.

Professional, trustworthy and experienced... you would have high standards and be described as a friendly, courteous, mature communicator, who wants to be an enthusiastic member of a positively thinking, driven team and be able to meet deadlines with accuracy and confidence.

Roles to include:

Monthly management accounts, budgets, cashflow forecasting and annual accounts to TB. Overseeing payroll, credit control, purchase and sales ledger, VAT computations and intrastat. To be fully conversant with accounting software and excel.

Please send your CV and a written covering letter to:

Andrew Small, Managing Director
Lumino Limited, Lumino House,
Lovet Road, Harlow, Essex CM19 5TB



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Looking for experienced Hairdressers and Beauty Therapists
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HARPERS HAIR
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Please contact John or Ben on 01279 844967 for further details.

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required. Experience of the construction industry would be advantageous but not necessary but must have the ability to source and pursue own leads and contacts.

Please send CV with covering letter to: FAO Mark Downey, Kirkman & Jourdain Ltd., 150 Brook Road, Waltham Abbey, Essex EN9 1JH
We are an equal opportunities employer

MARSON - LABORATORY FURNITURE

PART-TIME SALES AND MARKETING ASSISTANT

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Call Lucy on 01279 731 685 or lucy@recruit-ability.co.uk

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Required for family in Standed, 3 afternoons/ evenings per week, additional hours available if desired.

Call for more information on 07779 133515

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Monday to Friday 4am start
Own transport required
£7 per hour
Telephone (01279) 466592 (24 hrs)

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Telephone 01279 771409

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Hoddesdon area able to learn mechanical handling equipment. Monday to Friday shifts

Tel: Monitor Hygiene Services Ltd 01474 320435

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required to join our busy building company based in Harlow.

A flexible approach to daily duties as you would be an integral part of our small team. An interest in accounts is a must. Experience an advantage but full training will be given. A salary in the region of £14,000 is offered.

Please send your CV and a covering letter to Info@peakcontractors.co.uk for the attention of Sean O'Flanagan

Peak Contractors Limited

PCV LICENCE HOLDERS

Stansted Airport

Arriva's UK Bus Division is part of Arriva plc, one of Europe's leading transport services organisations. We are one of the largest bus operators within the UK employing around 17,000 people and running more than 6,000 buses. Arriva the Shires & Essex is an autonomous business providing services throughout Buckinghamshire, Hertfordshire, Bedfordshire and Essex.

easyBus run a service between BAA Stansted and London Victoria. We are currently looking to recruit PCV licence holders to work from Stansted Airport. This service is operated by easyBus under the management of Arriva the Shires & Essex.

We are seeking enthusiastic, customer focused drivers who hold a PCV licence. Full training will be given in all aspects of the job. This is a new and exciting change for easyBus who are currently moving all operations to Stansted. Applicants are invited to join the team and contribute to the future of an exciting business.

In return we offer successful candidates an opportunity to join the company pension scheme, four weeks paid holiday, free bus travel and competitive pay.

To request an application pack please call:

08000 35 35 36

easyBus

Epping Forest district is an area of great contrasts, from its southern boundary with Greater London, stretching northwards into the heart of rural Essex. Here, you'll find scope to further your career in a variety of different roles, each offering the rewards you'd expect from an organisation that values its people and their contribution.

To find out more about our range of jobs and benefits, go to www.eppingforestdc.gov.uk/jobs

FINANCE SERVICES - INVOICE SECTION

FINANCE OFFICER

Ref: FAC/20

Grade 4 Salary from £16,612 - £17,923 inclusive of London Inner Fringe Allowance (pay award pending)

A vacancy for a temporary period (initially for six months) has recently opened for a Finance Officer to work in the invoice payments office.

You will need to be hard working, conscientious and able to meet frequent, and often demanding deadlines. You will have experience in processing payments using on-line computer facilities, inclusive of payment by BACS and cheques. Excellent keyboard skills along with an accomplished and courteous telephone manner are also required. A working knowledge of VAT, Tax in the Construction Industry and Late Payment of Commercial Debts (Interest) Act 1998 would be an advantage. You will also be expected to deputise for the Invoices Finance Officer when necessary.

Commencing salary within the range quoted will be dependent on qualifications and experience.

Based in Epping, Essex. This post does not attract a relocation package.

For an application pack please contact Human Resources Unit, Epping Forest District Council. Telephone 01992 564433 (24 hour answer service). E-mail: jobs@eppingforestdc.gov.uk (no CV's please).

Closing date: Noon, 29 August 2008.

Working towards equal opportunities.

Epping Forest District Council



Recruitment

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You must be able to work flexible hours, including alternate weekends. We offer full and comprehensive training with access to NVQs, in addition to four weeks' paid holiday and a free first uniform. A driving licence is essential, as is access to a car.

For more information and for an application form, please call David Bassett on 0845 052 4186.

Closing date: 22 August 2008.

www.careuk.com

Appointment subject to disclosure.



South Street Surgery is a long established, dynamic general medical practice enjoying an excellent reputation that is well recognised within the local community and beyond. In order to further enhance our team and our service to our patients we are pleased to advise the following positions:

Health Care Assistant

20 Hours per week Monday - Friday, £7.71 per hour

To provide high quality and professional clinical and administrative support to the nursing team and undertake specified patient interaction and monitoring tasks under the supervision of the practice nurse or GPs as appropriate.

Previous experience in a similar role within a health care or General Practice is preferred but not essential as training can be provided. Ability to work on your own initiative, be a team player, have strong organisational and interpersonal skills are pre requisites for this role.

Receptionist/Telephonist £6.61 per hour

Candidates should possess excellent customer service and communication skills and have high levels of confidentiality. With our practice plans to open into some evenings and on a Saturday morning to meet our patient requirements, prospective candidates should advise any restriction on their availability with their application. Approx 30-34 hrs per week.

Candidates should send their CVs and a covering letter in the first instance, to: Rebecca Pittuck, South Street Surgery, 83 South Street, Bishops Stortford, Herts CM23 3AP, rebeccapittuck@gp-E82074.nhs.uk

A full job description is also available on request.

Closing date for applications: 18th August 2008.

EXECUTIVE PA Gain the skills you need with Pitman Training. 01279 466200.

CLEANER, Mon-Sat, 10:30am - 1pm, office in Hertford. 0870 250 1009 & quote 779.

PART-TIME Bar Staff required for friendly pub in Hoddesdon. Contact Sue on 07956 490383

Situations Wanted



Ceilite

A friendly firm established in 1980 and now a market leader in air conditioning systems have the following vacancy.

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This position is varied and includes taking calls from customers, issuing work to engineers, planning future works, invoicing and ordering of spare parts.

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In the first instance please call Rachel for an application form or email on rachel.horton@ceilite.com

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Recruitment Services

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required full-time.

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To assist in the running of this busy pub restaurant.

Call Pauline Yardley **01279 422675**

WELLNESS COACHES WANTED serious business opportunity call Nicki for free information 07815 637483 (Herbalife)

CHAIRS TO RENT in Takeley Salon Telephone 01279 871489

CLEANERS required for Abel Smith School, Hertford. Monday-Friday 3.30pm-5.30pm. £6.25 per hour. Contact Lisa 07961 894098

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Taking care to give full contact details



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Giving advertisement and contact details



IN PERSON 6 Westgate, The High, Harlow, Essex CM20 1JW

PLEASE NOTE: That advertisements placed by any of the above methods will be charged for. **FREE ADS CAN ONLY** be placed on the appropriate **PREMIUM RATE NUMBER**.



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Anything considered.
07956 351146
01992 469415

WANTED by private collector: Guns, swords and bayonettes, military memorabilia, deactivated guns, Bishops Stortford H71437

FOOTBALL PROGRAMMES and memorabilia especially relating to Tottenham Hotspur wanted. Cash paid. 01992 578318

WANTED DVD's, CD's, Xbox, PS2, P/S/P, DS. Consoles and games. 07956 471088, 01279 812909

SCRAP GOLD / SILVER wanted, jewellery, coins, medals, anything collectable, bric-a-brac, cash paid. 07850 817895.

RECORDS WANTED Rock, Pop, Folk, Reggae, Jazz, LP's, 12", 7". 07855 086523.

RECORDS BOUGHT 1950's 60's 70's pop and rock and soul. 01279 813400/07881 453435

Bathrooms

LARGE PINE bathroom cabinet 26 by 28 inches with mirrored door. Good condition £10. Tel: 07742 657266

Bedrooms

MEMORY FOAM MATTRESS, Nasa technology, 4ft 6in, double, 10in deep, unused & wrapped as new, can deliver. £235. Tel: 01245 420743.

FITTED wardrobes. Four light oak effect laminate doors, two mirrored, various fittings. Recently removed, excellent condition. 3.40m by 2.25m £50 Tel: 07786 924858

IKEA double burgundy veneered wardrobe, side drawers & trays, cost £450, accept £100. Tel: 01279 655708 or 07770 727226

BEDS DIRECT. Singles from £59, doubles from £89, pine beds from £69, Bunkbeds £99 / £139 01371 856868

BED, 4ft 6in, double divan, plus mattress, unused & wrapped, as new, will deliver. £83. Tel: 01245 420743.

BED, single, brand new, black & silver wrought iron bedhead & end, mattress included, £50. Tel: 07794 557270.

ANTIQUE PINE two door wardrobe, 3 drawers beneath, excellent condition, £80. Tel: 01279 654504

ANTIQUE PINE chest drawers, 4 drawers, excellent condition, £50. Tel: 01279 654504

SILENTNIGHT mattress kinsize. Occasional use, vgc £75 ono. Tel: 07776 144927

DOUBLE bed and mattress, iron modern old look, Hertford £85 Tel: 07930 101279

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CARPET, dark beige, unused, & wrapped, as new, 13ft x 13ft 6in, will deliver. £39. Tel: 01245 420743.

CARPET UNDERLAY, full 18sq. yd roll, rubber, unused & wrapped, as new, will deliver. £39. Tel: 01245 420743.

BEAUTIFUL Chinese rug, mid blue, approx 93 x 93in, vgc, £30ono. Tel: 07590 648003.

CHILDREN'S WOODEN kitchen by Great Little Trading Co, vgc, plus all accessories, £90. Tel: 07957 396261.

CHILD'S first bed, white pine, side rails, slatted base, excellent condition, £25. Tel: 07887 702586.

CHILDREN'S hand painted chest drawers, bedside cabinet, top box, bed, 2 book shelves, desk, 2 stools, chair, & more, cost £1000 plus, £80 the clear. Tel: 01707 876919.

KARCHER, pressure washer, plus accessories, 1400watt, 110bar, new boxed, unopened, worth £100, accept £65. Tel: 01992 427220.

10IN RADIAL SAW plus manual, £95. Tel: 01992 893351.

SUITE Lexus range, 3-pce, includes 2 armchairs, 3 seater settee, stool, moon flower sapphire colour, £2000 new, vgc, £2200ono. Tel: 01992 423544.

ANTIQUE PINE bureau, waxed, lovely piece, £40. Tel: 07909 657301.

CONSERVATORY 3 pc suite, VGC. £90. Tel: 01279 730379

SOFA, 2-3seater, pale gold, subtle terracotta pattern, deep & comfortable, excellent condition, matching cushion, £30. Tel: 07794 557270.

DINING table, plus 6 large chairs, include two carvers, walnut inlay top, Queen Anne style legs, extends, £95ono. Tel: 01279 831030.

2 PINE chest of draws good condition £30 pounds each call 07870 604674

NEW Little Tykes, car bed, clean mattress, vgc, £60. Tel: 07932 061002

SINGLE divan bed with mattress, as new, £100. Tel: 01279 659250.

SEALY 5ft bed - premium silver excellent condition, £75, 01279 730755

SINGLE pine bed good condition £35 call 07870 604674

SUPER king size head board £25 call 07870 604674

PINE Chest of Drawers, 8 drawers, £30. Tel: 01279 300355

MIELE washing machine, 700/1100 spin, £40. Tel: 07860 869639.

CREDA tumble dryer, reversair deluxe, £25. Tel: 07860 869639.

HOTPOINT dishwasher in working order £30, buyer collects, 01279 452258

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THREE DELONGHI infrared wall heaters, still boxed, £10 each or £25 the lot. Tel: 01279 869780.

COAL EFFECT natural gas fire white wood surround marble hearth very good condition £100 Tel 01992 463086

Flooring

TIMBERLAND FLOORING. Supply and fit hardwood and laminate flooring at excellent prices. Free quotations 01279 437210

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TEAK SIDEBOARD. vgc, £150. Tel: 01279 653926.
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BLUE LEATHER captains chair, good condition £100, 01279 730755

3-PC SUITE knoll drop arm settee type, tapestry material, matching cushions, vgc, £150 ono. Tel: 01992 641128.

EXTENDING TABLE 4 chairs, white, £70. Large mirror, £25. 2 table lamps, silk shades, £40. Small washed wood corner cupboard, £25. 01279 418935.

FISHPOOLS limed oak wall unit, glass front, excellent condition, buyer collects, £80ono. Tel: 01992 304974.

SILVER display unit w64, d33, h172 cm, mirrored back lights, Argos book page 668, £80 ono. Tel: 07881 808952

PINE TV cabinet stand Marks and Spencer luxury pine, exe cond, 47 x 20 inch bargain £150 Tel: 07728 361033 text or call

MAHOGANY solid wood display/bookcase, reproduction antique, cost £1400, accept £225ono. Tel: 01279 607071

HARVEYS dining room suite, light wood, 3 black marble inserts, 6 dining chairs, hardly used, £120. Tel: 01279 864095.

ROUND glass top, wicker table, 4 chairs, £35. Tel: 01992 461784

SOLID PINE WARDROBE £75, king size bed £85, Large sofa £45, Single bed £45, Table and Chairs £85, Fridge £55, 07877 259612

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FARMHOUSE limed oak table, 5ft x 2.5ft, plus 4 chairs, £125. Tel: 07976 234506.

GLASS hi-fi/TV unit, four shelves, excellent condition, £25. Tel: 01279 654504

METAL FRAME folding single chairbed, beige mattress, £35. Tel: 01992 461784.

3 SEATER sofa, 2 matching armchairs, mid green, vgc, £100. Tel: 01279 659250.

FISHPOOLS rope design dark wood double display cabinet, £100. Tel: 01992 471902.

CHROME glass top table 6 chairs with pine seats £60 ono Tel: 07881 808952

PINE table 3'x4' plus 4 chairs, farmhouse style, may deliver £125 01992 445312

2 PINE chests good condition £20 each call 07870 604674

OLD DARK wood dresser, 183cm height, bottom half comprises 2 door cupboard with drawer, 88cm wide x 39cm depth, top half, 15cm wide with 3 shelves, £30ono. Tel: 01992 469194

DISPLAY unit, yew wood, excellent condition cost £600 WILL ACCEPT £100 Tel 01279 315095

LARGE DINING table and 4 chairs - solid wood with extension leaf. Buyer collects Standed area. Reasonable offers iro £160 Tel: 07786 091422

DINING ROOM TABLE and chairs plus wall units (Nathan), £300. 01279 724679.

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PS2 GAME CONSOLE, controller & memory card, £25. Tel: 01279 508509.

Glass & Mirrors

MIRROR luxury clement Jocelyn gold rectangular, exe cond 44 x 32 inch £100 ono. Tel: 07726 361033 text or call

HiFi / Stereos / MP3 Players

ALBA Micro Hi Fi, Two Speakers, 1 Disc, 1 Tape, Radio, Black, £20.00. Tel: 07982 437134

HI-FI super condition £60 Tel: 07765 178221

Home Office

LAP TOP & printer storage unit, John Lewis, birch cube on castors, unused, £20. Tel: 07860 869639

COMPUTER DESK, 3 drawer filing cabinet, computer chair, £40. Tel: 07909 657301.

PINE computer desk can deliver only £50 Tel: 07786 566003

Kitchens

IKEA kitchen table & 4 chairs, beech, 2.5 x square £25.00, buyer collects Tel: 07880 727675

FISHPOOLS rope design dark wood cutlery drawer stand, £25. Tel: 01992 471902.

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QUALIFIED: Harlow bowler Steve Mitchinson is ready for the English National Bowls Finals

Mitchinson ready for National Bowls Finals

STEVE Mitchinson will compete in three competitions at the English Bowls Association National Finals at Worthing, West Sussex.

The National Finals begin on the South Coast this weekend.

The Harlow bowler will represent his Romford club in the semi-finals of the England Top Club competition.

He will also be representing Essex in the England triples and the mixed fours.

Mitchinson will join Sirikan Holmes (Romford), Val Chaney (Rainham) and Jamie Holmes (Romford) in the last 16 of the mixed fours. They will play Nathan Lewis, Jackie Harrington, Katherine Hawes and Howard Watts (Oxfordshire) at Worthing on Saturday August 16.

The Harlow bowler has also enjoyed success on the county stage, helping his Romford team to a thrilling 17-16 victory in the Essex county triples competition.

Meanwhile, Harlow Bowls Club's A team reached the semis of the Essex county doubles fours, where they will meet Romford on August 17.

They beat Bocking A 42-38 in the last eight.

There was not such good news for another Harlow team which lost in the Essex County Shield quarter-finals to Chingford-based Connaught BC.

● HARLOW Bowls Club's Jim Oakes and John Anderson will represent the Eastern Region in a match against Hertfordshire this Saturday at Royston BC.

Fixtures

SATURDAY AUGUST 9

Football

Friendly: Brentwood Tn v Harlow Tn.
Essex Senior League: Barking v Sawbridgeworth Tn.

Cricket

Shepherd Neame Essex League, div two: Harold Wood v Harlow.
Div three: Epping v Benfleet.
2nd XI, div two: Harlow v Hornchurch.
3rd XI, div one: Hadleigh v Harlow.
4th XI: Harlow v Fives.
Home Counties Premier League, div two east: Harpenden v Sawbridgeworth.
Lord's International Herts & Essex League, div three: Harlow Tn v Molehill Green, Woodford Wells IV v Potter Street.
Div five: Stansted Hall II v Harlow Tn II.
Div seven: Abridge v Harlow Tn III, Potter Street II v Langley II.

New boss Nix London APSA midfielder

EPHING FC boss Lee Ward is set to clinch the signing of midfielder Steve Nix.

Ward knows Nix from when he managed him at Essex Senior League club London APSA and is confident he will bolster his squad.

He said: "He is a box-to-box player with a good engine. He is good in the air, is intelligent and will be a good addition to the squad."

Ward expects to complete the signing in the

next fortnight.

"I want to sign two or three other players with Essex Senior League experience. It's the hunting season for clubs and we are looking at a number of players at the moment."

There has been speculation that winger Chris Muir may leave the club but Ward is confident that he will re-sign for the Stonards Hill club. However, midfielder Alex Talks is unlikely to stay at Epping and is set to join

Essex Senior League outfit Barkingside.

Ward's team went down 3-0 at London Colney in their first friendly 12 days ago and will visit Ilford in their second friendly next Tuesday. This will be followed by another away friendly against Royston Town reserves. Epping have been boosted by kit sponsorship deals with South Woodford-based wine bar Switch, Bar & Lounge as well as Loughton-based Naturally Wood Floors.

Warren warning as Hawks crash

Waltham Abbey 4, Harlow Tn 0 (Friendly)

KEVIN Warren offered no excuses after a terrible first-half performance saw the Hawks slump to a heavy defeat at Waltham Abbey.

Abbey, who play in a division below Harlow Town, scored four goals in the first half making the second half of Saturday's friendly almost superfluous.

Assistant boss Warren was running the side in the absence of player-manager Ryan Kirby who was watching Harlow first's league opponents Sutton United. The Hawks host the Surrey team in nine days' time.

Warren said: "We approached it beforehand like any game but we did not adapt to the conditions – we had experienced players out there!"

"We tried to play football which is impossible at Waltham Abbey and sometimes you have to be more direct."

He added: "It was not just the back four but the midfield and the front two. They were not doing their jobs."

"They were not getting close to the opposition players and they were not concentrating."

Warren explained that the club has kept faith with the personnel who kept them up last year but stressed the players must not be complacent.

"If something like that happened again there would be drastic measures. We would need to freshen things up again."

Abbey went ahead after only four minutes. Danny Webb's ball from the left found Harry Elmes just inside the box and his shot beat Hawks keeper Michael Dumoulin.

The hosts doubled their advantage from the penalty spot



ON THE FRONT FOOT: Hawks defender Beckett Hollenbach slides in on a Waltham Abbey player as central defensive colleague Danny Chapman looks on

Photo: Tim Jones (WJ9M7DLD_05)

through Lee White on 13 minutes. This was awarded after a foul on Billy Holland by Shaun Gliddon.

James Elmes made it 3-0 on 22 minutes when he exploited a poor Harlow pass before going past two defenders and lobbing Dumoulin.

The Hawks wasted an opportunity to score on 39 minutes when James Bunn's penalty was parried

by Joe Taylor. This was awarded after Bunn was brought down.

Holland rounded off the scoring just before the break with a powerful shot.

Hawks' woes were added to when substitute striker Jamie Richards went off after a clash of heads with a home player.

Richards later required three stitches but returned to the side for Tuesday's trip to Hitchin Town

and Warren said: "There was no concussion. Luckily Jamie is quite a fit lad."

The assistant boss added: "It was over at half-time and we were tighter. It would have been nice to score."

HARLOW TN: Dumoulin, Taylor, Gliddon, Hollenbach, Chapman, Akers, Lalie, Fowler, Bunn, Groves, Green. Subs used: Hasell (gk), Richards, Baker, Jones, Mbamarah.

TABLES

SHEPHERD NEAME ESSEX CRICKET LEAGUE

Up to & incl Sat Aug 2

Division Two

	P	W	D	L	Nr	Tot
Five & Heronians	13	9	2	2	0	180
Loughton	13	7	5	0	1	172
Walthamstow	13	6	2	4	1	150
Leigh on Sea	13	3	3	3	2	146
Harold Wood	13	3	6	4	0	143
Harlow	13	5	2	6	0	132
Hadleigh & Thundersley	13	5	2	5	1	130
Shenfield	13	4	2	6	1	127
Old Southendians	13	2	3	7	1	111
Southend on Sea	13	1	2	9	1	87

Division Three

Buckhurst Hill	13	8	2	2	1	183
Billerica	13	7	2	2	2	169
Old Brentwoods	13	7	1	3	2	168
Old Parkonians	13	5	6	1	1	158
Epping	13	6	3	3	1	150
Orsett	13	3	6	3	1	125
Woodford Green	13	3	3	6	1	113
Old Brentwoods	13	1	7	1	1	71
Ongar	13	2	9	0	0	59

Division One - 2nd XI

Shenfield	13	7	1	4	1	180
Upminster	13	7	3	2	1	169
Hutton	13	7	3	1	2	165
Wickford	13	5	2	4	1	156
South Woodford	13	5	2	4	1	154
Saffron Walden	13	4	4	4	1	141
Hornchurch	13	3	4	5	1	123
Harlow	13	3	3	7	0	121
Ardleigh Green	13	2	4	5	2	100
Hornidon on the Hill	13	1	1	10	1	87

Division One - 3rd XI

Saffron Walden	13	9	2	2	0	190
Ardleigh Green	13	7	2	4	0	168
West Essex	13	5	4	4	0	165
Fives & Heronians	13	6	2	5	0	147
Chingford	13	4	3	5	1	131
Walthamstow	13	4	4	4	1	127
Hornchurch	13	4	2	5	2	124
Hadleigh & Thundersley	13	3	5	2	1	123
Harlow	13	1	7	1	1	121
Westcliff on Sea	13	2	4	7	1	102

4th XI - West

Loughton	10	7	0	2	1	139
West Essex	9	6	1	1	1	135
Chingford 5th XI	10	3	4	0	1	104
Fives & Heronians 5th XI	9	3	1	4	1	104
Sh Woodford 5th XI	10	3	2	4	1	103
Ilford	9	2	4	0	0	85
Harlow	9	1	7	0	0	47

HOME COUNTIES CRICKET LGE

Up to & incl Sat Aug 2

Division Two East

	P	W	D	L	Nr	Tot
Potters Bar	13	9	1	1	2	255
Bishop's Stortford	13	8	2	2	1	247
Stevenage	13	6	4	1	2	205
West Herts	13	5	4	4	0	183
Sawbridgeworth	13	4	3	6	0	175
North Mymms	13	3	5	4	1	155
Harpenden	13	3	2	8	0	150
Hertford	13	3	3	7	0	136
Langleybury	13	2	8	0	1	134
H Hempstead	13	1	7	3	2	121

THE LORDS INTERNATIONAL HERTS & ESSEX CRICKET LEAGUE

Up to & incl Sat Aug 2

Division 3

Harlow Town	14	11	3	0	0	304
Dunmow II	14	10	4	0	0	285
Roding Valley	14	7	6	0	1	228
Potter Street	14	7	5	0	0	2217
Woodford Wells IV	14	7	7	0	0	217
Willgate	14	6	6	0	2	218
Molehill Green	14	5	7	0	2	216
Stn Loughton II	14	5	7	0	2	215
Essendon	14	4	8	0	2	217
Elsenham	14	2	11	0	1	100

Division 5

Hatfield Heath	12	12	0	0	0	312
Harlow Town II	13	10	3	0	0	273
B's Stortford IV	13	7	6	0	0	227
Stansted Hall II	13	6	7	0	0	199
Buntingford II	12	6	6	0	0	194
Theydon Bois II	12	5	7	0	0	166
Farnham II	13	4	9	0	0	149
Little Munden	12	4	8	0	0	128
Newport II	12	2	10	0	0	94

Division 7

Albury	14	12	1	0	0	1319
Chadwell Heath IV	14	11	2	0	0	1303
Little Bardfield	14	10	4	0	0	1282
Abridge	14	9	3	0	0	1258
Three Caps	14	8	5	0	0	1232
Nazing Common II	14	5	8	0	1	1182
Harlow Town III	14	4	10	0	0	1143
High Roding III	14	3	8	0	0	1125
Potter Street II	14	2	12	0	0	1014
Langley II	14	0	11	3	0	1

* points re-instated after appeal

Case for a stronger Robins defence

RICHARD Branchflower is confident his Sawbridgeworth side will be less naïve defensively this season in the Essex Senior Football League.

The Robins manager guided his team to 12th spot last term and they kick off their campaign at Barking this Saturday.

Branchflower said: "Players like Ashley Conlan and Richard Longley will be wiser for last year's experience. We have worked hard on set-pieces in training and Dean Godden's aerial ability will help. I expect Barking to be strong."

The Robins will be without defender

Richard Longley (holiday) and midfielder Ben Smith (back injury).

However, youngster Brad Smith, the brother of highly-rated young Spurs player Adam Smith, could feature this campaign and Branchflower is still looking to strengthen two areas.

"Brad is coming on leaps and bounds and he works really hard in training," he said. "I am looking to bring in another keeper and also looking to bolster the strike force."

Kings Langley pulled out of last Saturday's friendly against

Sawbridgeworth.

The Robins were knocked out of the Herts Charity Shield when they lost 2-1 at home to Broxbourne Borough in the first round on Tuesday.

Rob Teppet grabbed the late winner. Broxbourne equalised controversially on 75 minutes. A goalmouth scramble resulted in Ashley Poole poking the ball home and ref Jake Hillier let the goal stand despite the linesman flagging for a foul on Robins' keeper Dan Bibby.

Sawbo went ahead in 11 minutes when Ashley Conlan fired home.

Fans can pick man of match

HAWKS fans will soon be able to nominate the Harlow Town man-of-the-match.

The club is to pilot a new voting system during their first league game at home to Sutton United on August 16, where fans will be able to text the club with their nominations.

The number to text will appear in the matchday programmes.

There will initially be no extra charge, other than the standard mobile rate.

Butler's boys end five-game losing streak

Continued from back page

He went on to make 59, sharing stands of 46 and 50 for the fourth and sixth wickets with Brett Watkins (17) and Robert Johnston (19).

Shortly after that Bunce was dismissed and the game was then interrupted by rain.

After the resumption Robert Dodson and Chris Sawyer added a vital 55 for the eighth wicket to take the game beyond Harlow.

Southendians finished on 194 all out with Worthington claiming 3-17 and Baxter taking 3-45.

In reply, Nick Butler perished on just 9. He was caught by Lucas at the second attempt at cover point to leave Harlow on 11-1.

Waqas Akhtar played some fluent shots, putting on 35 for the second wicket with Nilesh Odedra before the former was trapped lbw by Michael Gridley.

Harlow were 55-2 with 20 overs left but only managed 46 from them.

They were unable to break free of the control of Gridley and his spin twin Dave Slaughter. Haroon Khan was beaten by the flight and he was bowled for 13 before Odedra was caught in two minds going back and then forward and ultimately being bowled.

Worthington went cheaply before Calvino (20 not out) and James Butler (nine not out) held on for the draw.

Despite ending the losing run, skipper Butler was still disappointed by this latest setback.

He said: "Of course it was good to stop the losing run, but we were still hugely frustrated on the day."

"The weather played a big part in the match, because not only was it difficult to bat in after the rain but we had a lot less overs back at them."

Elsewhere, Harlow IIs (153-4) defeated Ardleigh Green (151) by six wickets in division one.

In division one of the 3rd XI championship, Harlow (120) lost by seven wickets against West Essex (121-3).

Woeful batting costs Epping

A WET wicket proved the undoing of Epping as they slumped to a six-wicket defeat in the Shepherd Neame Essex League division three at Stanfords-le-Hope on Saturday.

Epping batted first and had a disastrous start losing Dan Sly for a duck and two more players for 0 in the first over.

Dean Majeed made 10 and useful knocks from Jason Whiting (39) and Inzey Hasan (24) were required to prevent a complete rout.

The visitors were bowled out for 99. Swing bowler Kevin Smith was the chief destroyer, claiming 6-45.

With ball in hand, Hasan claimed two wickets for Epping, while Majeed and Preston took one apiece.

Duncan Page (16) and Lee Knight (22) added 36 for the first wicket before Nathan Shearer (22) and Matthew Page (27 not out) helped Stanford reach 103-4.

Town's title hopes hit by loss

THE title ambitions of Harlow Town were hit by a disappointing defeat to South Loughton IIs in division three on Saturday.

Losing the toss, Town were put in to bat on a difficult wicket and openers Shiraz Ali and Karl Secharan struggled to deal with the unpredictable bounce.

Both batsmen were dismissed early on by Arjan Ragput's medium-paced swing bowling (2-22).

In-form Ramaya Uphadaya

Harlow Tn 161-8, South Loughton 165-8

Harlow Tn lost by two wickets (Lords International Herts & Essex Cricket League, division three)

went about rebuilding the innings with skipper Vic Goddard (13) but a mix up caused a run out and the captain departed.

Uphadaya also lost his wicket when he was caught behind for 39.

Young prospect Darryl

Pettingell went for 29 the ball before a rain break which left Town in real trouble.

However, Dan Calver scored 21 not out to push the visitors' score to 161-8.

With ball in hand, Town struggled as South Loughton progressed to 94-1 with some aggressive hitting, especially from Amir Perviaz (46).

Simon Rowell then turned the game on its head with figures of 6-12 off 10 overs to leave the hosts reeling on 126-8.

The game was won by Omar

Masood who scored a quickfire 35 and wrapped up the game with three overs to spare.

In the same division, **POTTER STREET** (186-8) defeated Dunmow II (180-8) by six runs in a very close match.

Harlow Town II (205-3) lost to Hatfield Heath ((207-7) by three wickets in division five.

Potter Street II (128) lost by 10 wickets against Albury (129-0) in division seven, while Harlow Town III (186-7) beat High Roding III (184-9) by three wickets.

GB stars turn out for Harlow

ANDREW Osagie and Noel Thatcher were welcome additions to the Harlow Athletic Club men's team for their last Southern Men's League match of the season.

Great Britain athlete Osagie, whose foot injury had prevented him from competing this season and most probably meeting the 800m qualifying standard for this year's Olympic Games, comfortably won the A string 800m race in 1min 55.4secs and the A 1,500m in 4:20.11.

Thatcher, a 5,000m gold medalist for Great Britain at the Sydney Paralympics, demonstrated his superiority over this distance by winning the A 5,000m race in 16:02.5.

Jamie Solomon won the B 800m (2:08.5), while Liam Mistry was second in the B 1,500m (4:44.8).

John Evans was third in the B 5,000m (19:07.9).

Brothers Glen (52.7s) and Carl Paxman (53.8s) won the A and B 400m respectively.

There was also a win for Lloyd Ellis in the A 110m hur-



BRITISH BULLDOGS: Andrew Osagie, left, and Noel Thatcher

dles (19.7s).

Glen added a further win in the B string long jump (5.79m) and a second in the B triple jump (11.43m).

Carl won the B javelin in 37.16m.

Ian Smith, fresh from setting new club masters records over 100m and 200m (12.18s and 24.7s respectively) at a Watford open meeting on July 16, maintained his form and ran 11.5s and 24.4s respectively in the B 100m and 200m under wind-

assisted conditions.

Scott Daniel competed in seven individual events for Harlow and secured wins in the A javelin (45.35m) and B discus (31.40m). He also gained second places in the A triple jump (11.81m), B 400m hurdles (75.0s) and B pole vault (1.10m).

Veteran Dave Bauer secured wins in both the A hammer (35.17m) and A discus (38.78m).

Team manager Catherine

Bauer said: "The athletic standard in this competition was much higher than that in some of the earlier matches this season."

"However, the results show that with a good turn-out we are strong contenders to be winning these matches and we came very close to this today."

Harlow ended in second place with 108 points, narrowly behind winners Harrow AC (117 points).

Other results:- A string pole vault - Glen Paxman, 3rd 1.10m; B string - Scott Daniel, 2nd 1.10m.

A high jump - Scott Daniel, 3rd 1.60m; B string - Glen Paxman, 2nd 1.55m.

B hammer - Chris Clarke, 3rd 22.98m.

A long jump - Carl Paxman, 3rd 5.91m.

A 400m hurdles - Lloyd Ellis, 2nd 65.8s.

A 100m - Glen Paxman, 2nd 11.2s.

A shot put - Scott Daniel, 3rd 10.89m; B string - Paul Avontuur, 2nd 8.93m.

B 110m hurdles - Glen Paxman, 3rd 22.8s.

A 200m - Glen Paxman, 2nd 23.2s.

4x100m relay - David Marriot, I. Smith, C. Paxman, G. Paxman, 2nd 46.3s.

4x400m relay - J. Solomon, L. Ellis, C. Paxman, G. Paxman, 2nd 3:48.0.

Young athletes are county's cream in third victory

SEVEN Harlow-based athletes played key roles to help Essex win their third Southern Inter-Counties match in a row at a windswept Basildon.

Debutants Polly Woods (16) and Burnt Mill School student Cherice McKay (15) both secured fine victories in their B string events.

Cherice threw the shot put an impressive 10.03m, while Polly recorded a leap of 10.35m in the triple jump. Both performances were National Grade 2 standard.

Potter Street's Aidan Lee clocked a superb 51.5 seconds in the 400m, showing he has fully recovered from the combination of injury and illness which has plagued his season.

He finished a fine 2nd to England international runner Thomas Bensted (Kent). Aidan then teamed up with



training partner Tom Larkin (Harlow), who arrived as a spectator for the day but was suddenly drafted in due to an injury sustained by another Essex athlete.

The pair ran the first two legs of the 4x400m and helped

Essex to a great victory in what was the last event of the day.

Prior to that Tom ran the third leg of the 4x100m relay. The team placed 4th.

Aidan completed his day by filling in for another injured

colleague in the discus. He threw 29m, coming 5th in the A string event.

Dan Yaxley was another to receive a late call-up.

He threw the javelin 30.46m for third place in the B string event.

COUNTY CREAM: Harlow athletes, from left, Amy Larkin, Cherice McKay, Tom Larkin, Aidan Lee, Billy Falconer and Dan Yaxley (S)

Derby defeat is fourth loss for Sawbo

Bishop's Stortford 200, Sawbridgeworth 161

Stortford won by 39 runs (Home Counties Premier League, division two east)

BISHOP'S Stortford closed the gap on leaders Potters Bar when they completed the league double over close rivals Sawbridgeworth.

The platform for Stortford's triumph came from a strong team batting performance as well as top bowling from Steve Coleman (6-57) and Glenn Querl (4-22).

Matt Surry made the top score of 38 and shared Stortford's best partnership of 53 for the first wicket with skipper David Hughes before the latter was caught by Andrew Richardson off Ryan Cunningham for 30.

Surry and Eddie Ballard then showed the patience required, taking the total to 92 before Ballard was caught behind off Paul Reed for 17.

Querl made 33 as Stortford reached 200.

For Sawbridgeworth, Reed took 6-51 against his old club while Cunningham claimed 4-64.

Michael Burrell, returning to the first team after an ankle injury, bowled well but finished wicketless.

Sawbo had 46 overs to reach the target and skipper Danny Wilson continued his good form with a quality 62 before his departure ended an opening stand of 92 with Steve Ashman.

Wilson became Coleman's first victim.

Thereafter wickets fell regularly, mostly to Coleman whose victims included Dean Lloyd (13), Joe Rudkin (2) and Richardson (9), as Sawbridgeworth slipped to 141-7.

The turning point came when Hughes brought back Querl with six overs to go and he took all three remaining home wickets in an 11-ball spell which ended the innings at 161.

It was Sawbridgeworth's fourth league defeat in a row and Wilson said: "Paul Reed and Ryan Cunningham bowled very well but our middle order batting was fragile."

"Michael did well on his return and showed resolution with the bat."

He then took five seconds off his 3,000m personal best (PB) with 9 mins, 46 secs for 5th in the B string.

Tom finished with a B string 5th place in the discus (17.85m).

His sister Amy accrued a solid 5th place with a new PB of 17.36m in the hammer.

Billy Falconer placed third in the B high jump (1.75m).

At Eton on Saturday in the Southern Men's League division one, 17-year-old Mark Hunt (Chelmsford) ran a new PB of 21.7s in the A string 200m, placing second.

Passmore School student Joanne Cyvinski ran a PB of 2 mins 36.5 secs in the 800m and was second in her age group (U-13s) at an open meeting in Watford.

This was an improvement of eight seconds on her old time and is a National Grade 2 standard time.

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Sport

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'We'll be alright'

Hawks chief defiant despite woeful pre-season campaign

RYAN Kirby is confident that his side's poor pre-season results will not be replicated when the Hawks start their league programme in nine days.

The player-boss was encouraged by Harlow Town's performance in their defeat at Hitchin Town on Tuesday, which followed two defeats and a draw against lower league teams.

Kirby said: "Our results have been terrible pre-season. After the fantastic performances against Southend and Barnet, we have let ourselves down badly in games.

Hitchin Tn 3, Harlow Tn 1 (Friendly)

"We were tired against Enfield and we did not work well as a unit against Cheshunt but against Hitchin we were better. We gave away bad goals and were stretched defensively but we created chances going forward."

He added: "We twice hit the post and another one hit the keeper without him knowing anything about it. It's right for people to be concerned with what has happened but they should not be alarmed."

"We are better than we have shown defensively - we will have that sorted

out. It will be right. A lot of our work has been on fitness but we will be working on defending crosses and set-pieces."

Harlow's last pre-season friendly is against Brentwood in two days and Kirby said: "We will approach that professionally as if we are playing an away league game. We will show them respect. They beat us twice last season."

On Tuesday, Hitchin went ahead on 16 minutes. Hawks keeper James Hasell could not stop a fierce shot from outside the box by Gordon Barr which flew into the top left-hand corner.

Harlow then had some bad luck as a Jamie Richards shot struck a post and James Bunn also hit the woodwork before Hitchin doubled their lead on the

stroke of half-time when Michael Cox headed in from a Jon Woolf corner.

Both teams had opportunities in the second half with Danny Green and Clark Akers forcing saves from Bennett.

Hitchin went 3-0 ahead on 86 minutes. Max McArdle squared the ball to Scott Orphanou, whose shot from outside the area beat Hasell.

The Hawks grabbed a consolation goal on 88 minutes. Mark Taylor hit a right-footed shot at Bennett and the ball rebounded off several players in the area before Green tucked home.

HARLOW TN: Hasell, Taylor, Hollenbach, Chapman, Kirby, Akers (S. Gliddon 72), Lalite, Fowler, Richards, Bunn, Green. Subs not used: Groves, Baker, Hardy (gk).



UPBEAT:
Hawks player-boss Ryan Kirby

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Butler's boys end five-game losing streak



SUCCESS:
Harlow celebrate a wicket against Old Southendians on Saturday
Photo: Mark Wickwar (BC4HLZIX05)

Scorecard	
HARLOW v OLD SOUTHENDIANS Played on Saturday Aug 2 Match drawn Shepherd Neame Essex League division two	
OLD SOUTHENDIANS	
James run out.....	7
Harwood lbw Baxter.....	4
Bunce ct Stone b N Butler.....	59
Lucas ct Calvino b Worthington.....	0
Watkins ct Calvino b Worthington.....	17
Breakley ct Heskeith b Baxter.....	19
Johnston lbw Worthington.....	25
Dodson b Odedra.....	36
Sawyer b Odedra.....	2
Griddle not out.....	0
Slaughter b Worthington.....	24
Extras.....	194
Bowling: Worthington 18.4-6-71-3; Baxter 16-5-45-3; Heskeith 7-1-17-0; N Butler 5-1-21-0; Odedra 4-1-13-2.	
HARLOW	
Odedra b Griddle.....	17
N Butler ct Lucas b Watkins.....	9
Akhar lbw Griddle.....	22
Khan b Slaughter.....	13
J Butler not out.....	9
Worthington b Griddle.....	4
Calvino not out.....	20
Extras.....	7
Total (for 5)	101
Bowling: Watkins 9-3-28-1; Dodson 4-0-11-0; Slaughter 8-3-26-1; Griddle 12-5-29-3.	

THE five-game losing streak of James Butler's Harlow side came to an end but bad weather effectively ruled out the chance of a positive result at Marigolds against bottom club Old Southendians.

Harlow only received 33 overs on Saturday after Old Southendians batted first.

By DAVID RIMMER
rimmerd@hertssexnews.co.uk

The visitors started badly and slumped to 17-3. Nicky Baxter trapped Simon Harwood lbw for 4 before fellow opener Jonathan James was run out for seven and

Tom Worthington then had Aaron Lucas caught behind by wicket-keeper Nino Calvino for 0.

However, Chris Bunce was dropped three times including one early chance and the hosts paid for these lapses.

Continued on page 55

